

# Southwestern Chicken Barley Chili

Yield: 7 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-chicken-barley-chili-recipe>

## Ingredients:

- 14 1/2 ounces diced tomatoes undrained
- 16 ounces tomato sauce
- 1 3/4 cups low sodium chicken broth
- 1 cup barley medium, not quick cooking
- 4 cups water
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon dried oregano
- 1 dash cayenne pepper more or less to taste
- 3 boneless skinless chicken breasts about 1 1/2 pounds, cut into bite-size pieces
- 15 ounces black beans rinsed and drained
- 1 1/2 cups frozen corn kernels
- sour cream optional
- sliced green onions optional
- shredded cheddar cheese optional
- tortilla chips optional

## Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 55 grams
3. Cholesterol: 40 milligrams
4. Fat: 7 grams
5. Fiber: 13 grams
6. Protein: 22 grams
7. SaturatedFat: 2 grams
8. Sodium: 630 milligrams
9. Sugar: 9 grams

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