

CHICKEN BARLEY CHILI

Bariatric, Higher Fiber, Lower Saturated Fat, Lower Sodium

Serves: 1 cup

Nutrition (per serving)

Calories: 220

Total Fat: 2 g

Saturated Fat: 0.5 g

Sodium: 424 mg

Total Carbohydrate: 33 g

Dietary Fiber: 8 g

Protein: 19 g

Ingredients

1 can (14.5oz) diced tomatoes, undrained

1 jar (16oz) salsa

1 can (14.5oz) chicken broth

1 cup quick pearled barley

3 cups water

1 Tbsp chili powder

1 tsp cumin

1 can (15oz) black beans, drained and rinsed

2 cups frozen corn

3 cups cooked chicken breast, cut into bite-sized pieces (or canned chicken breast chunks for convenience)

Directions

1. In a large pot, add the first 7 ingredients. Over a high heat bring to a boil, cover and reduce heat to a low simmer. Simmer 20 minutes, stirring occasionally.
2. Add the beans, corn and chicken. Increase the heat to high until the chili begins to boil.
3. Cover and reduce the heat and simmer for 5 minutes.
4. If the chili becomes too thick, add a bit of water until you get the desired consistency.