

DINNER

Chicken & Barley Chili

13 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$2.76	507 kcal



Chicken & Barley Chili requires roughly 45 minutes from start to finish. This recipe serves 8 and costs \$2.76 per serving. One serving contains 507 calories, 44g of protein, and 18g of fat. Only a few people really liked this American dish. It is brought to you by My Recipes.

Ingredients

- ☐ 15 oz corn, drained
canned
- ☐ 14 oz diced tomatoes
canned
- ☐ 14 oz chicken broth
canned
- ☐ 3 cups cooked chicken breast, cut into bite-size
pieces
- ☐ 1 cup pearled barley, uncooked
- ☐ 15 oz kidney beans, drained and rinsed
canned
- ☐ 8 servings Optional: shredded Cheddar cheese,
sour cream
- ☐ 1 tablespoon chili powder
- ☐ 1 teaspoon ground cumin
- ☐ 16 oz salsa

☐ 3 cups water

EQUIPMENT Bowl, Ladle, Pot

Method

- 1

In a stockpot, combine undrained tomatoes, salsa, broth, barley, water and seasonings. Bring to a boil over high heat. Cover and reduce heat to low; simmer for 20 minutes, stirring occasionally.
- 2

Add beans, corn and chicken. Increase heat to high; bring to a boil. Cover and reduce heat to low. Simmer for another 5 minutes, or until barley is tender. Ladle into bowls.
- 3

Top with cheese and sour cream, if desired.

Nutrition per serving			
	507	44 g	18 g
	KCAL	PROTEIN	FAT
			43 g
			CARBS
Saturated Fat			7.7 g · 48% of daily needs
Fibre			9.1 g · 36% of daily needs
Sugar			5.7 g · 6% of daily needs
Sodium			1,158 mg · 50% of daily needs
Cholesterol			99.4 mg · 33% of daily needs
Vitamin C			7 mg · 8% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/chicken-barley-chili-142414