

SOUPS

Chicken & Barley Chili

Makes 9 servings · ~1½ cups each

SATIETY SCORE	NUTRITION
 4 / 5	HIGH
Per serving (approx.): Protein 17 g · Fiber 4 g · Calories 180	

Ingredients

- 1 cup onion, chopped
- 1 clove garlic, minced
- 3 cups water
- ½ cup medium barley, uncooked
- 1 can (16 oz) tomatoes, undrained and chopped
- 1 can (16 oz) no-salt-added tomato sauce
- 1 can (14.5 oz) chicken broth
- 1 can (11 oz) whole-kernel corn, drained
- 1 can (4 oz) green chilies, drained and chopped
- 1 Tbsp chili powder
- ½ tsp ground cumin
- 3 cups grilled chicken, chopped (about 1½ lb)
- Shredded cheese (optional topping)

Directions

1. In a 4-quart pot, cook the onion and garlic in a little oil until the onion is tender.
2. Add all remaining ingredients except the chicken; bring to a boil, then reduce heat, cover, and simmer 40 minutes.
3. Add the cooked chicken and simmer 5–10 minutes more, until heated through and the barley is tender.
4. Add more water or broth if the chili becomes too thick. Top with cheese, if desired.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Adapted from the Body for God Cookbook by Lisa Young.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 medium onion (about 1 cup chopped)
- ☐ 1 clove garlic

MEAT & POULTRY

- ☐ 3 cups grilled chicken

DAIRY & EGGS

- ☐ cheese (optional topping)

PANTRY & DRY GOODS

- ☐ ½ cup cooked medium barley
- ☐ 1 can (16 oz) tomatoes, un
- ☐ 1 can (14.5 oz) chicken broth
- ☐ 1 can (11 oz) whole-kernel corn
- ☐ 1 can (4 oz) green chilies

CHECK YOUR PANTRY

- ☐ Salt
- ☐ Chili powder
- ☐ Cumin