



Chicken & Barley Stew



Where service *and savings* matter.

SERVINGS: 4 servings
(serving size: about 1 ¾ cups)

NUTRITIONALS

Nutritional analysis per serving:
calories 370, calories from fat 60,
total fat 7g, saturated fat 2g,
cholesterol 40mg, sodium 1480mg,
total carbohydrate 49g, dietary
fiber 11g, sugars 2g, protein 30g,
vitamin A 70%, vitamin C 15%,
calcium 4%, iron 15%

DIRECTIONS:

Bring barley and broth to a boil in a large saucepan. Reduce heat, and simmer 5 minutes. While barley cooks, heat oil in a large nonstick skillet over medium-high heat. Add onion; sauté 3 minutes. Add mixed vegetables; sauté 2 minutes. Add vegetable mixture, chicken, salt, thyme, and pepper to barley mixture; simmer 4 minutes.

Source: allrecipes.com

INGREDIENTS:

- 1 cup uncooked Mother's 100% Barley, Quick Cooking
- 3 (14 oz) cans Food Club Fat Free Reduced Sodium Chicken Broth
- 1 Tbsp olive oil
- 1 ¾ cups chopped onion
- 10 oz package Food Club Frozen Mixed Vegetables
- 2 cup chopped cooked chicken
- ½ tsp salt
- ½ tsp dried thyme
- ½ tsp dried marjoram
- ½ tsp black pepper

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★ Chicken & Barley Stew ★ Shopping List

PRODUCE:

- 1-2 large onions

MEAT/POULTRY/SEAFOOD:

- 2 cup chopped cooked chicken

WHOLE GRAINS/ BREADS/ PASTA:

- Mother's 100% Barley, Quick Cooking

SPICES/SEASONINGS:

- Salt
- Dried thyme
- Dried marjoram
- Pepper

GROCERY/FROZEN/ MISCELLANEOUS:

- 3 – 14 ounce cans Food Club Fat Free Reduced Sodium Chicken Broth
- Olive Oil
- 1 – 10 oz bag Food Club Frozen Mixed Vegetables