



Chicken and Barley Stew



Where service *and savings* matter.

SERVINGS: 6 servings
(serving size: about 1¾ cup)

NUTRITIONALS

Nutritional analysis per serving:
calories 220, calories from fat 40,
total fat 4.5g, saturated fat 1g, trans
fat 0g, cholesterol 35mg, sodium
750mg, total carbohydrate 27g,
dietary fiber 5g, sugars 0g, protein
20g, vitamin A 50%, vitamin C 10%,
calcium 2%, iron 10%

INGREDIENTS:

- 1 cup uncooked Mother's 100% Barley, Quick Cooking
- 3-14 oz cans Food Club Fat Free Reduced Sodium Chicken Broth
- 1 tablespoon olive oil
- 1¾ cup chopped yellow onion
- 1-10 oz package Food Club Frozen Mixed Vegetables
- 2 cup chopped cooked chicken (about 14 -16 oz before cooking)
- ½ teaspoon salt
- ½ teaspoon dried thyme
- ½ teaspoon dried marjoram
- ½ teaspoon ground black pepper

DIRECTIONS:

1. Bring barley and broth to a boil in a large saucepan. Reduce heat, and simmer 5 minutes.
2. 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.

Tip: Add more water to stew for desired consistency, as soluble fiber from barley thickens stew.

Source: allrecipes.com

visit unitedtexas.com for more recipe ideas

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Shopping List

PRODUCE:

- 1 ¾ cup chopped yellow onion

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
- ground black pepper

GROCERY/FROZEN/ MISCELLANEOUS:

- 3 cans Food Club Fat Free Reduced Sodium Chicken Broth
- olive oil
- Food Club Frozen Mixed Vegetables

PRODUCE:

- 4 small oranges

FOLD