One-Pot Chicken Barley Stew

Prep: 10 minutes | Cook: 20 minutes | Total: 30 minutes

Yield: 4 servings | Serving Size: 2 cups

Ingredients

1 tablespoon olive oil

1 large onion, diced (about 1½ cups)

3-4 cloves garlic, minced (about 2 teaspoons)

¼ teaspoon ground thyme

¼ teaspoon black pepper

¼ teaspoon salt

6 cups (48 ounces) low-sodium chicken or vegetable broth

1 cup uncooked quick-cooking barley

1 (10-ounce) package frozen mixed vegetables (e.g. green beans, carrots, corn, peas)

2 cups diced cooked chicken breast

Directions

1. Heat a large pot or Dutch oven over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion. Cook, stirring often, until softened, about 3-5 minutes.
4. Add the garlic, thyme, black pepper, and salt. Cook until fragrant, about 30-60 seconds.
5. Add the broth and barley.
6. Bring to a boil, then reduce the heat to maintain a simmer.
7. Cook until the barley is tender, about 5 minutes.
8. Add the mixed vegetables and cooked chicken.
9. Cook until warmed through, about 4-6 minutes.
10. Serve warm.

Recipe Notes

- This recipe works well with leftover chicken, rotisserie chicken, or canned chicken.
- If using raw chicken, add it at the beginning of cooking with the onion.

Nutrition Facts Per Serving: Calories: 385 | Total Fat: 7 g | Saturated Fat: 1.5 g
Sodium: 180 mg | Total Carbohydrate: 49 g | Dietary Fiber: 12 g | Protein: 32 g

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