

Quick and Easy Chicken and Barley Stew (on a dime)

Ingredients:

1 cup uncooked quick-cooking (Mother's or Quaker) or regular pearl barley
 3(14oz) can chicken broth
 1 tbsp olive oil
 1 $\frac{3}{4}$ cups chopped onion
 1(10 oz) package frozen mixed vegetables
 1 cup chopped cooked chicken
 $\frac{1}{4}$ tsp dried thyme
 $\frac{1}{4}$ tsp black pepper
 1 bay leaf
 Salt and pepper to taste



Making it:

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 pan over medium-high heat.
3. Add onion, sauté 3 min.
4. Add mixed vegetables, sauté 2 min.
5. Add vegetable mixture, chicken, salt, thyme, and pepper to barley mixture and simmer 4 min.

Tips and Hints:

- A budget friendly, timesaving batch recipe that can be frozen and reheated too.
- Quick cooking barley can usually be found in the healthy cereal section or health food section of the grocery store (small health food stores or Whole Foods). If you cannot find quick cooking you can use regular (can be found with the rice or in bulk section). It takes a little longer to cook.
- Frozen vegetables are quick and easy and sometimes less expensive than fresh. For a fresh version of this recipes add bell peppers, celery, zucchini, broccoli, mushrooms...basically any vegetables you want.
- For a little flavor punch add a few drops of Tabasco sauce.

NUTRITION FACTS

Servings: 4
 Serving Size: 1 $\frac{3}{4}$ cups

Total Calories	356
Carbohydrate	51 g
Total Fat	7.5 g
Protein	23 g
Fiber	12 g

Prep Time: 10
 Cook Time: 20