



Chicken and Barley

Number of servings: 10

Serving size: 1 cup

Equipment:

Slow Cooker

Ingredients:

- 1-16 ounce box of barley, uncooked
- 1 whole fryer chicken, with skin removed
- 1 yellow onion, chopped
- 2 cloves garlic, chopped
- 1 pound bag of carrots, peeled and sliced
- 32 ounces of low sodium chicken broth
- 1 teaspoon thyme

Directions:

Place onions, garlic and carrots in the slow cooker. Pour in barley. Place chicken, whole or cut up, on top of barley and vegetables. Add seasonings and chicken broth. Cover and cook on low 4 to 5 hours. If mixture looks dry while cooking, add broth or water to moisten.

When cooked, discard bones, shred meat and serve with barley and vegetables.

Cost per recipe: \$10.17

Cost per serving: \$1.02

MyPlate servings: 2 servings of grains, 1 ½ servings of protein, ½ serving of vegetables

Nutrition Facts

Serving Size 1 cup
Serving Per Container 10

Amount Per Serving

Calories 282

	% Daily Values*
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 34mg	11%
Potassium 458mg	13%
Sodium 213mg	9%
Total Carbohydrate 49g	16%
Dietary Fiber 7g	28%
Sugars 3g	
Protein 16g	32%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

****Nutrition Analysis:** performed using
<https://www.supertracker.usda.gov>