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Posted on September 12, 2011

## Slow Cooker Chicken Barley Stew

Get out your slow cooker and try the easy, clean and comforting recipe that helped one of our readers shed 200 pounds!

By Zan Ryan | Photo: Joanne Tsakos

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Serves: 8  
Hands-on time:  
Total time:

CATEGORY:  
Freezable, Under 45 Minutes

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Zan Raynor  
Rogers, Arkansas

"A year and a half ago, I was waddling around the block to get a little exercise. Now I jog three miles a day. Last winter I wore a size 34 and now I shop for a size 10. I've been dieting all my life and nothing ever stuck, but changing my lifestyle to include clean-eating food choices and exercise has truly given me my life back."

### INGREDIENTS:

- 32 oz low-fat, low-sodium chicken broth
- 1 tbsp garlic, minced
- 1 tsp garlic sea salt
- 1/2 tsp thyme
- 1/2 tsp basil
- 1/2 tsp cilantro
- 1/4 tsp dill
- 2 bay leaves
- 1/2 tsp fresh ground black pepper
- 12 oz boneless, skinless chicken breast, cubed (uncooked)
- 1/2 cup uncooked black-eyed peas, rinsed and picked through
- 1/2 cup barley
- 1 medium sweet onion, cubed
- 20 oz potatoes, peeled and cubed
- 10 oz carrots (3 large), peeled and cut into 1/2-inch slices
- 8 tbsp low-fat sour cream (optional)



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#### INSTRUCTIONS:

1. Fill a slow cooker with broth, 8 oz water, garlic, herbs and pepper. Add chicken, peas and barley, then layer onion, potatoes and carrots on top. Liquid should just cover vegetables. Do not stir.
2. Allow to simmer overnight, at least 4 to 6 hours. Remove bay leaves and stir before serving. Spoon 1 cup into each bowl and top with 1 tbsp sour cream, if desired.

Nutrients per 1-cup serving without sour cream: Calories: 230, Total Fat: 2.5 g, Sat. Fat: 0.5 g, Carbs: 3 g, Fiber: 5 g, Sugars: 4 g, Protein: 21 g, Sodium: 240 mg, Cholesterol: 40 mg

KEYWORDS: stew, chicken, soup, barley, slow cooker, crock pot

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