



# Easy Spanish Chicken with Tomato Sofrito Sauce

Prep time: **5** MINUTES

Cook time: **40** MINUTES

Servings: **4**



## Nutrition Facts

4 servings per container  
Serving size 1/4 recipe (656g)

Amount per serving  
**Calories 580**

	% Daily Value*
<b>Total Fat</b> 25g	<b>32%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 85mg	<b>28%</b>
<b>Sodium</b> 750mg	<b>33%</b>
<b>Total Carbohydrate</b> 58g	<b>21%</b>
Dietary Fiber 11g	<b>39%</b>
Total Sugars 19g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 36g	
Vitamin D 18mcg	90%
Calcium 98mg	8%
Iron 5mg	30%
Potassium 1396mg	30%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Scan code for a video of how to make this recipe!



## Ingredients:

- 1 medium yellow onion
- 1 cup quick pearly barley
- 2 1/4 cups unsalted vegetable broth
- 1 large red bell pepper
- 3 cloves garlic
- 15 white mushrooms
- 6 tablespoons olive oil
- 1 can (28 oz) crushed tomatoes
- 2 bay leaves
- 1/2 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon chili powder
- 1 pound boneless, skinless chicken breasts
- 1 tablespoon honey

Recipe adapted from *The Spruce Eats*





# Instructions:



## 1. Toast and cook barley

Heat barley in a medium pot over medium heat for a few minutes. Set aside. Bring 2 cups of vegetable broth to a boil in the same pot. Add toasted barley and cook for 10 to 12 minutes over medium heat. Remove from heat and rest for 5 minutes.



## 2. Prep

Rinse fresh produce. Cut the onion and bell pepper into medium dice. Mince garlic cloves and slice the mushrooms.



## 3. Cook vegetables

Heat 3 tablespoons olive oil in a large skillet over medium heat. Add onion, bell pepper, garlic, and mushrooms and cook for about 7 minutes, or until the onions become translucent.



## 4. Make tomato sauce

Add crushed tomatoes, bay leaves, chili powder, ¼ teaspoon salt, and ½ teaspoon ground black pepper to the skillet with cooked vegetables.



## 5. Season and cook chicken

Pat the chicken breast dry with paper towels and season both sides with ¼ teaspoon salt and ½ teaspoon pepper. Heat 3 tablespoons olive oil in a large skillet over medium heat. Add chicken breasts and cook for about 10 minutes. Remove from heat and set aside. Note: Chicken will finish cooking in the sauce.

## 6. Final touches

Cut the chicken breasts into ½-inch slices. Add the sliced chicken to the tomato sauce and simmer for 10 minutes until the chicken reaches an internal temperature of 165°F. Serve barley with tomato sauce.

## Did you know ?

- » Barley is a whole grain and is a good source of fiber, which aids in digestion.
- » Red bell peppers are an excellent source of vitamin C!

## Try these tips!

- » Toast the barley kernels to enhance its flavor!
- » Use frozen chicken breast in place of fresh, but make sure to thaw it before use.