

Chicken, Mushroom and Barley Soup

A quick and easy weeknight meal

Serves 8

Ingredients

- 2 tsp olive oil
- 1 medium onion, diced
- 2 carrots, diced
- 3 celery stalks, diced
- 1 lb sliced mushrooms
- 32 oz low-sodium, fat-free chicken broth
- 1 sprig fresh thyme
- 2 bay leaves
- 1/2 tsp salt

- 1/2 tsp ground black pepper
- 1 cup cooked barley (see Note)
- 2 cups cooked, shredded chicken



<http://www.diabetes.org/mfa-recipes/recipes/2016-1-chicken-mushroom-and-barley.html>

Instructions

1. Add oil to a soup pot over medium heat. Add the onion, carrots, celery and mushrooms. Sauté for 5 minutes.
2. Add broth, thyme, bay leaves, salt and pepper. Bring to a boil then reduce to a simmer, covered for 20 minutes.
3. Remove bay leaves and thyme stem. Add the barley and chicken and heat through for 2-3 minutes.

Note:

To bulk cook barley, add 11 oz dry pearled (quick-cooking) barley to a pot of 4 cups boiling water. Cover, then reduce to a simmer for 10-12 minutes. Remove from heat, keep covered off the heat for 5 minutes. Makes 6 cups cooked barley. This barley can be used in any recipe calling for cooked barley. Store in an airtight container in the refrigerator for 7 days or package in freezer bags in one cup increments for up to 6 months.

Nutrition Facts

Serving Size

Amount Per Serving

Calories 130

% Daily Values*

Total Fat 3g **5%**

Saturated Fat 0.6g **3%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 260mg **11%**

Total Carbohydrate 12g **4%**

Dietary Fiber 2g **8%**

Sugars 4g

Protein 15g **30%**

*Percent Daily Values are based on a 2,000 calorie diet.