

Chicken & Barley Soup

8 ingredients · 30 minutes · 4 servings



Directions

1. Add the broth, chicken breast, mushrooms, carrot, potato, pearl barley, and salt into a pot and bring to a simmer. Cook for 25 to 30 minutes, or until the chicken is cooked through and veggies are tender.
2. Stir in the peas and return to a simmer. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately 1 1/2 cup.

Gluten-Free

Use quinoa or brown rice instead of pearl barley.

More Flavor

Add sautéed onions and garlic. Add dried basil and thyme.

Additional Toppings

Top with fresh herbs.

Ingredients

5 cups Vegetable Broth, Low Sodium

8 ozs Chicken Breast (skinless, boneless, cubed)

6 Cremini Mushrooms (sliced)

1 Carrot (medium, diced)

2 Yellow Potato (chopped)

3/4 cup Pearl Barley (uncooked)

3/4 tsp Sea Salt (to taste)

1 cup Frozen Peas