



CONTAINS	
BARLEY	CELERY
<b>Nutrition Facts</b>	
Serving Size	(885g)
Amount Per Serving	
<b>Calories</b>	<b>450</b>
% Daily Value *	
<b>Total Fat 6g</b>	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 115mg</b>	38%
<b>Sodium 125mg</b>	5%
<b>Total Carbohydrate 54g</b>	20%
Dietary Fiber 12g	43%
Total Sugars 7g	
Includes 0g Added Sugars	
<b>Protein 45g</b>	90%
Vit. D 0.1mcg 1%	Calcium 120mg 9%
Iron 3.1mg 17%	Potas. 460mg 10%

\* The % Daily Value (DV) 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.

# Chicken and Barley Soup



## Ingredients

- 4 medium Carrots
- 1 medium Onions
- 1 head of Celery
- 1 Leek stalk
- 2 cloves Garlic
- 1-2 sprigs Rosemary
- 3 sprigs Thyme
- Whole Roast Chicken (leftover)
- Water as needed
- 2 Tbsp Olive oil
- 2 cups Barley or Wild Rice

## Preparation

1. **Rinse all the vegetables thoroughly.** Rinse rice or barley until the water runs clear.
2. **Rinse the barley or wild rice in a small colander,** until the water runs clear. Set aside.
3. **Using a hand peeler, peel all the carrots.** To keep the potatoes from turning color, put them in a bowl of water after peeling them.
4. **Cut the top of the onion off, and cut in half.** Remove the peel layer. Cut off the root end and then cut into slices. Set aside in a large bowl
5. **Cut celery and leek into slices.** Set aside leeks and add celery to the bowl.
6. **Chop rosemary, thyme and garlic.** Set aside.
7. **Remove any meat from leftover roasted chicken.** Shred or cut meat into bite size pieces. Remove and discard any leftover skin. Set aside the meat and bones.
8. **Heat up a large pot with a medium-high heat setting.** Add olive oil and allow it to coat the bottom of the pot.
9. **Add the carrots, onions and celery.** Reduce heat to a medium-low setting. Allow vegetables to “sweat”, stirring occasionally, until the carrots are soft.
10. **Add the barley or wild rice, garlic, thyme and rosemary into the pot.** Stir and allow the garlic to cook a little.
11. **Add the leeks chicken meat and bones to the pot.**
12. **Add water to the pot,** until the chicken is completely under water.
13. **Cover the pot.** Change the heat to high and allow the soup to come to a boil.
14. **Once you have reached a boil reduce heat to a medium high.** Allow the soup to simmer for 40 minutes, or until the barley/wild rice is soft to the taste. Stir soup occasionally.
15. **Serve Hot and ENJOY!!**



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