

# Chicken and Barley Soup



This weeks recipe of the week is a delicious warming soup combining whole barley with chicken and vegetables. Enjoy!

## **Ingredients:**

- 1 tablespoon of olive oil
- 1 large red onion, chopped
- 1 leek, thinly sliced
- 1 clove of garlic, minced
- 8 cups of chicken or vegetable stock
- 1 1/2 cups of chopped carrots
- 3 stalks of celery, chopped
- 1 tin of diced tomatoes or 3 large red tomatoes peeled and chopped
- 3/4 cup pearl barley, washed and rinsed
- 2 1/2 cups cooked chicken breast fillets, chopped
- 2 bay leaves
- 1/2 teaspoon dried oregano blend
- 1/2 teaspoon dried thyme
- pinch of chilli flakes (optional)
- 3 tablespoons of freshly chopped parsley

## **Method:**

1. Heat the olive oil over medium heat in a large soup pot. Add the onion, leek and garlic and cook until softened. Add the remaining ingredients except for the fresh parsley.

2. Bring all the ingredients to the boil and let simmer for about an hour (uncovered) or until the barley is tender.
3. Discard the bay leaves, add in the fresh parsley and serve hot. Enjoy.

**Dairy Free | Refined Sugar Free**