

Easy Chicken Barley Soup

Ingredients:

- 4 cups chicken broth
- 1 cup diced cooked chicken
- ½ cup pearled barley
- 1 tablespoon dry minced onion
- 1 cup mixed vegetables (frozen or canned)
- 1 fresh tomato diced or ½ cup canned diced tomatoes
- ½ teaspoon thyme, tarragon, or your favorite herb

Instructions:

- 1) Combine broth, chicken, barley and onion.
- 2) Bring to a boil, reduce heat, and simmer for 1 to 1 ½ hours, stirring occasionally.
- 3) Add vegetables, tomato, and herbs, and continue to simmer until vegetables are tender.
- 4) Serve in bowls.

Yield: 6 - 1 cup servings

Ideas/Substitutions

- Top your bowl of soup with low-fat, grated cheese.
- Serve a slice of whole grain bread on the side.
- Enjoy with a cold glass of low-fat or fat-free milk.
- To reduce the overall sodium content, use low or no added sodium products.

Nutrition Analysis

Serving Size: 8 oz

Calories: 141

Total Fat: 2.6 g

Calories from Fat: 16%

Saturated Fat: 0.5 g

Trans Fat: 0 g

Total Carb: 19 g

Dietary Fiber: 3 g

Sodium: 303 mg

Protein: 12 g

Calcium: 15 mg

Iron: 1 mg

Recipe Source

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