Chicken with Barley Soup

Jacob · 30/09/2024



Prep Time

1 hr 50 mins

Dificult

Medium

Servings

6

Description

This is a highprotein highfiber and lowfat recipe that is very filling I usually double the recipe so I have plenty of leftovers The soup freezes well This soup comes out very thick if you like a thinner soup add more water or reduce the barley to 12 cup This soup recipe is very flexible Adjust amount of veggies and seasonings to your familys taste

Ingredients

- - 8 cups water - 2 pounds chicken thighs
- or more to taste - 1 ½ cups chopped carrots - 1 cup chopped celery (try to include celery leaves) - 1 onion
- chopped - ¾ cup pearl barley - 3 bay leaves - 1 cube chicken bouillon
- or more to taste - 1 teaspoon poultry seasoning - 1 teaspoon rubbed sage - 1 teaspoon salt
- or to taste - ¼ teaspoon ground black pepper - 2 tablespoons lemon juice

Instructions

1. Combine water
2. chicken thighs
3. and bay leaves in a large stock pot; bring to a boil
4. reduce heat to low
5. cover
6. and simmer until chicken is tender
7. about 30 minutes. Transfer chicken thighs to a cutting board to cool. Remove and discard bones
8. skin
9. and fat; cut the remaining chicken into bite-sized pieces and add to broth. Cool broth until the fat congeals on the surface; skim and discard fat. Add carrots
10. celery
11. onion
12. pearl barley
13. bay leaves
14. chicken bouillon
15. poultry seasoning
16. sage
17. salt
18. and black pepper to broth. Bring to a boil
19. reduce heat to low
20. cover
21. and simmer until barley is cooked and vegetables are tender
22. 60 to 90 minutes. Stir lemon juice into soup just before serving.