

Chicken Vegetable Barely Soup

You'll need: Stove, large pot, measuring cups and spoons, large spoon, cutting board

Preparation Time: 35 minutes

Cook Time: 35 minutes

Ingredients	Amount for 8 servings
Slivered Almonds	1 cup
Vegetable Oil	2 tablespoons
Onion, chopped	1 whole
Celery, chopped	1/2 cup
Mushroom, sliced	4 cups
Garlic, minced	4 cloves
Carrots, chopped	1 1/2 cup
Potatoes, diced	5 cups
Chicken boneless skinless, chopped	4 cups
Chicken Broth	3 liters
Butter	2 tablespoons
Barely	3/4 cup
Parsley	1 tablespoon

Method:

Step 1: Preheat oven to 400 degrees F (200 degrees C). Spread slivered almonds evenly over a baking sheet. Toast in preheated oven until golden brown and fragrant (about 3-5 minutes). Watch closely, almonds burn fast! **Step 2:** Heat the oil in a large stock pot over

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medium heat. Cook onions, celery, mushrooms, and garlic in oil until onions are tender.

Step 3: Stir in carrots, potatoes, chicken, and broth. Bring to a boil, and then stir in barley. Reduce heat, cover, and simmer 20 minutes. **Step 4:** Remove from heat, and stir in butter, parsley, and toasted almonds. Season with salt and pepper to taste.

Nutrients per Serving

Calories: 560 kcals

Carbohydrates: 68g

Fat: 17g

Fiber: 11g

Sodium: 200mg

Protein: 40g