

BARLEY, CHICKEN, AND CHIMICHURRI SOUP



DIFFICULTY
EASY



TIME
45 MIN



SERVES
6

INGREDIENTS

- 1 yellow onion, diced
- 1 red bell pepper, diced
- 2 large carrots, diced
- 2 celery stalks, diced
- 2 Tbsp olive oil
- 2 garlic cloves, finely diced
- 1 tsp ground turmeric
- ½ tsp sea salt
- ½ tsp fresh cracked pepper
- 7 cups low-sodium chicken or veggie stock
- 2 heaping cups cooked-chicken breast, shredded
- 2 bay leaves
- ⅔ cup pearl barley
- ⅓ cup fresh lemon juice
- ¼ cup freshly chopped parsley
- ¼ cup freshly chopped cilantro
- 2 Tbsp chimichurri sauce (use VEBA recipe to make at home or use store-bought)

DIRECTIONS

1. In a large soup pot, or Dutch/French oven, heat the oil over medium heat.
2. Add the onion, carrots and celery and sauté for 5 minutes. Add the red bell pepper, garlic, turmeric, salt and pepper and sauté another one minute, until fragrant.
3. Stir in the chicken or veggie stock, gently removing any bits from the bottom of the pot.
4. Add the chicken, barley, lemon juice, parsley and cilantro. Let simmer for 30 minutes, or until the barley is cooked through.
5. Remove bay leaves. We recommend serving with 2 tablespoons of chimichurri sauce gently mixed into the soup.

NUTRITION FACTS PER SERVING

Calories: 226 **Fat:** 6.6g (**Saturated Fat:** 1.1g) **Carbohydrates:** 24.6g **Fiber:** 5.2g **Sugar:** 3.6g
Protein: 17.8g **Sodium:** 369mg



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