

Chicken and Barley Soup

Serving: 1

1/2 cup water

1/2 cup of chicken broth

1/2 cup vegetable broth

4 ounces boneless skinless chicken breast, cubed

1 tablespoon diced onion

1/4 teaspoon minced garlic

1/4 teaspoon thyme

Pinch of salt and pepper

1/4 cup peeled and cubed butternut squash

1/4 cup cubed yellow squash

1/4 cup cubed zucchini

2 tablespoons chopped broccoli

2 tablespoons chopped fresh mushroom

1/4 cup hulled dry barley

1. Place water and the two broths into a saucepan

2. Add the chicken, onion, garlic, thyme, salt, and pepper. Bring all ingredients to a boil, turn down the heat and let simmer for 20 minutes.

3. Add the vegetables and barley to the saucepan. Bring back to a boil and simmer on low for another 45 minutes until the vegetables and barley soften.

(* Barley has many health benefits, among them is its high fiber content, particularly insoluble fiber. This means the fiber will not dissolve in water, so it helps keep things moving through your intestines. This fiber also provides food for friendly gut bacteria, which provides not only healthy digestion but can reduce inflammation. Barley also has a positive effect in reducing cholesterol, lowering blood pressure, and lowering blood sugar levels while improving insulin production, as well as promote a feeling of fullness which can lead to weight loss. It is loaded with vitamins, minerals and other plant compounds. Try to find barley with its hull intact for the most benefits. Processed and refined foods tend to be the ones that rob you of needed nutrients, fiber, antioxidants, and other benefits real food has to offer (☺ - Chef Brandon)

Note: the two broths and 1/16th teaspoon salt will provide approximately 505 mg sodium