



Chicken Mushroom Barley Soup



Prep Time: 15 mins

Total Time: 1 hrs 15 mins

Servings: 12

Ingredients

- 4 garlic cloves
- 1 leeks
- 1 onions, quartered
- 1/2 cup fresh rosemary (you will be amazed how much flavor it adds; wait till you taste it) or 1/4 chopped rosemary
- olive oil
- 1/2 cup white wine
- 3 quarts low-sodium chicken broth
- 1 1/2 lbs white button mushrooms
- 1/2 cup pearl barley
- 1 1/2 lbs chicken breasts
- pepper
- 1 sprig thyme
- bay leaves
- 2 cups chopped carrots
- 1 cup chopped celery

Directions

1. Mince garlic; slice leek longways then chop.
2. Place a standard dutch oven(or soup pot if you don't have a dutch oven) on the stove top.
3. Add a splash of olive oil, garlic, leek, onion and rosemary and saute over medium high heat for several minutes.
4. Add white wine and stir gently for one minute.
5. Add chicken broth, mushrooms, bay leaves, carrots, celery, and barley and increase heat slightly. Stir occasionally until mixture comes to a boil. Reduce heat to simmer.
6. Chop chicken into strips. Add a splash of olive oil to a frying pan and brown chicken on both sides. While chicken is cooking, season with pepper & thyme.