



## Cream of Chicken Vegetable Soup with Barley

Makes 6 servings

### Ingredients:

- 1 pound of chicken breast, poached and then shredded
- 1 cup of barley, cooked in 2 cups of water
- 1 tablespoon olive oil
- 4 oz of white mushrooms, sliced
- 1 cup chopped carrots
- 1 cup chopped celery
- ¼ cup chopped onion
- ¼ cup all-purpose flour
- ¼ teaspoon black pepper
- 4 cups reduced sodium chicken broth
- ½ cup fat free sour cream

### Directions:

1. In a large sauce pan or Dutch oven heat the oil, then add the vegetables.
2. Saute until soft and the onions are translucent.
3. Add the flour and pepper and stir for 1-2 minutes more.
4. Add the broth, and bring to a boil.
5. Add the chicken, barley, and sour cream and stir.
6. Cook about 2 minutes more or until heated through.

### Nutrition Facts

6 servings per container

**Serving size** 1 Serving

**Amount Per Serving**

**Calories** **240**

% Daily Value\*

**Total Fat** 6g **8%**

Saturated Fat 1g **5%**

*Trans* Fat 0.1g

**Cholesterol** 65mg **22%**

**Sodium** 490mg **21%**

**Total Carbohydrate** 19g **7%**

Dietary Fiber 3g **11%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

**Protein** 29g **58%**

Not a significant source of vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from eatingwell.com

Photo from www.spendwithpennies.com