



Chicken and Barley Soup

Serves 8 (3 cups each)

Ingredients:

4 cups water
4 cups chicken broth
4 cups vegetable broth
4 cans of chicken 12.5 oz.
1 cup diced onion
1 tbsp crushed garlic
1 whole bay leaf
2 cups peeled and cubed butternut squash
2 cups cubed yellow summer squash
2 cups cubed zucchini
2 cups barley

Optional:

- Use other meat options such as sausage or kielbasa
- Include additional vegetables such as cabbage, mushrooms, broccoli
- Include your favorite seasonings

Directions:

1. If necessary, cook the meat of your choice prior to starting the soup.
2. Put 4 cups of water into a large soup or stock pot and add the broths
3. Add all of the ingredients EXCEPT the barley and allow to simmer for 15-20 minutes
4. Add in the barley and cook for the length of time as indicated on the barley packaging

Variations of the recipe you might like to try:

Freezing Instructions:

Soup can be frozen in a freezer bag or other freezer safe container. You may need to add additional broth or water when re-heating.