

# Chicken Barley Soup

Cook Time: 45 minutes

Servings: 4



## The Ingredients

- 1 tbsp olive oil
- 1 onion, chopped
- 1/2 lb button mushrooms, sliced
- 2 carrots, peeled and diced
- 5 baby potatoes, cut into small pieces
- 2 garlic cloves, minced
- 1 900-mL carton vegetable broth
- 1 cup water
- 1/2 cup pearl barley
- 2 skinless boneless chicken breasts, cut into small cubes
- 1 cup frozen green peas

## Directions

- Heat a large pot over medium heat. Add oil, then onion. Cook until onion starts to soften, about 3 min.
- Add mushrooms, carrots, potatoes and garlic. Cook until mushrooms soften, about 3 min.
- Add broth, water and barley. Boil, then reduce heat to medium-low.
- Simmer, covered, until barley is tender, about 25 min. Stir in chicken and peas until chicken is cooked through, about 10 min.