

## Healthy Chicken and Barley Soup



### Makes:

4 - 6 servings

### Utensil:

Saladmaster Food Processor  
5 Qt./4.7 L Multi-Purpose Oil Core

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### Contributed By:

Karen Petersen  
Contributing Recipe Editor

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1

tablespoon  
tomato paste  
(16  
g)

1

clove  
garlic, shredded, use Cone #1

1

teaspoon  
dried basil  
(1  
g)

4

celery ribs, strung, use Cone #2

2

large carrots, strung, use Cone #2

1

cup  
onion, strung, use Cone #2  
(160

g)  
 1  
 cup  
 pearly barley  
 (200  
 g)  
 2  
 boneless, skinless chicken breasts, approximately 1 <sup>1</sup>/<sub>4</sub> pounds  
 (567  
 g)  
 6  
 cups  
 chicken broth  
 (1.4  
 L)  
 14  
 ounces  
 diced tomatoes with juice  
 (397  
 g)  
<sup>3</sup>/<sub>4</sub>  
 teaspoon  
 salt  
 (5  
 g)  
<sup>1</sup>/<sub>4</sub>  
 teaspoon  
 black pepper  
 (1  
 g)  
 1  
 bay leaf

**Directions:**

1. Place tomato paste, garlic, basil, celery, carrots and onions into MP5. Place temperature probe to 250°F/120°C. Let cook for approximately 5 minutes, stirring frequently. Turn MP5 temperature probe to 180°F/80°C.
2. Add the barley, chicken, chicken broth, tomatoes, salt, pepper, and bay leaf into MP5. Stir to blend and cover. Cook for 4 - 6 hours, until barley and chicken are cooked through.
3. Remove bay leaf and place chicken on cutting board and shred by using 2 forks. Place shredded chicken back into MP5 and stir to blend.
4. Season to taste with extra salt, pepper and basil, if needed. Ladle into serving bowls and serve.

⌈ Nutritional Information per Serving  
**Calories:**

⌋

305

**Total Fat:**

3g

**Saturated Fat:**

1g

**Cholesterol:**

55mg

**Sodium:**

632mg

**Total Carbs:**

39g

**Dietary Fiber:**

8g

**Sugar:**

6g

**Protein:**

31g