

Healthy Chicken and Barley Soup



Makes:

4 - 6 servings

Utensil:

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

Rate ★★★★★

Recipe:

Contributed By:

Karen Petersen
Contributing Recipe Editor

[Write a Review](#)

2 boneless, skinless chicken breasts, approximately 1 ¼
pounds
(567
g)

6 cups
chicken broth
(1.4
L)

14 ounces
diced tomatoes with juice
(397
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	39g
Carbs:	
Dietary Fiber:	8g
Sugar:	6g
Protein:	31g
