



Easy Meal!

Easy Chicken Barley Soup

Preparation Time:

Cook Time:

Serves: 6

Ingredients:

- 4 cups chicken broth
- 1 cup diced cooked chicken
- 1/2 cup pearled barley
- 1 tablespoon dry minced onion
- 1 cup mixed vegetables (frozen or canned)
- 1 fresh tomato diced or 1/2 cup canned diced tomatoes
- 1/2 teaspoon thyme, tarragon, or your favorite herb

Cooking Instructions:

1. Combine broth, chicken, barley and onion.
2. Bring to a boil, reduce heat, and simmer for 1 to 1 1/2 hours, stirring occasionally.
3. Add vegetables, tomato, and herbs, and continue to simmer until vegetables are tender.
4. Serve in bowls.

Ideas/Substitutions

1. Top your bowl of soup with low-fat, grated cheese.
2. Serve a slice of whole grain bread on the side.
3. Enjoy with a cold glass of low-fat or fat-free milk.
4. To reduce the overall sodium content, use low or no added sodium products.

Recipe provided by Rosemary Newman, PhD, RD, Eat Right Montana

Breakfast Tip

Pump up your oatmeal or warmed grape-nuts with milk, dried cranberries, and chopped pecans.

Lunch Tip

Tote a single-serving size of microwave popcorn along with some low-fat string cheese. Microwave the popcorn and top with pieces of cheese. Finish with floss.

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