

Chicken Barley Soup (Low Cal)

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Ingredients:

3 lb Chicken, Cut in pieces
1/2 cup Uncooked barley
9 cup Water
2 tbsp Lemon Juice
3 Celery stalks with leaves
1 small Onion
1/2 cup Chopped onion
1/2 cup Finely chopped carrot
1/2 cup Chopped fresh parsley
1 tbsp Salt
1/2 tsp Pepper, freshly ground
1/4 tsp Celery seed
1 1/2 cup Green beans cut, fresh

Instructions:

Place chicken, water, leaves from celery and small onion in a large saucepan. (Reserve celery stalks.) Cover saucepan and bring to a boil; reduce heat and simmer 1 1/2 hours until chicken is tender. Remove chicken. Strain broth into bowl; chill until fat sets on top. Remove fat. Remove skin and bones from chicken, discard. Cut chicken into bite-sized pieces, set aside. (My note: if you want less than 8 servings, freeze extra broth and chicken separately in meal-sized portions.) Return broth to saucepan. Chop reserved celery stalks, add to broth with chopped onion, carrot, parsley, barley, lemon juice, seasonings.

Cover and simmer 20 min.

Add fresh green beans and chicken; continue cooking 15 min or until beans are tender. Each serving 1 1/2 cup.

11 g carbohydrates

14g protein

5g fat

145 calories