



Carrot, Chicken and Barley Soup

Serves 4

Option 1 - Make Your Own Chicken Stock

Making your own chicken stock means you can extract the leftover goodness from your bones, such as collagen and a variety of minerals. These can be beneficial for gut repair and immune health. This is a lovely filling soup for a substantial lunch.

If preparing a roast, boil an additional 175g potatoes, cool and retain for this soup. From your leftover chicken carcass, pick any cooked meat off the bones and retain.

Place your chicken bones in a large pan with 1.5 litres of water. Add 2-3 bay leaves, bring to the boil and simmer for at least an hour. Allow to simmer gently for 2-3 hours if you can. Then strain and cool. Skim off any fat from the top, and store in a fridge for up to 4 days, or freeze.

Option 2 - If you don't have time to make your own chicken stock, you can use stock cubes.

Soup Ingredients

1tbsp olive oil
450g carrots, peeled and sliced
1 leek, cleaned and sliced
75g pearl barley
175g cooked chicken, broken into bite sized chunks
175g cooked potatoes, chopped
100g cooked vegetables such as peas, broccoli, or green beans
A few sprigs of parsley and / or chives

1. Heat the oil in a large pan, add the carrots and leeks, then sauté over a medium heat for 4 mins. Add the chicken stock, pearl barley and season.
2. Bring to the boil, then cover and simmer for 15 mins or until the pearl barley and carrots are tender. Stir in the cooked chicken, potatoes and cooked vegetables, return to the boil and simmer for a further 2 mins to heat through. Stir in the parsley and chives. Ladle into bowls and serve.

