

# Hot and Healthy Soups

## CHICKEN BARLEY SOUP WITH WALNUT PESTO

Barley has a robust flavour and can give your intestinal health a boost! Not only does it decrease the risk of colon cancer and hemorrhoids, barley's fiber content also provides "friendly" bacteria for your large intestine (George Mateljan Foundation, 2015).



### Instructions

1. Cook bacon in a large skillet until crisp. Add onion, garlic, and mushrooms; cook 5 minutes.
2. Place chicken and thyme in a large Dutch oven over medium heat. Cover with 4 1/2 quarts cold water; bring to a simmer. Add swiss chard, barley, squash, carrot, celery, apple; bring to a simmer. Pierce habanero and add to pan. Cook for 35 minutes.
3. Remove chicken from pan, remove bones. Discard bones, thyme sprig, and habanero. Reserve 4 cups of broth, and return remaining 6 cups broth to pan bring to a boil. Cook 10 minutes. Return chicken and barley mixture to pan; bring to a simmer. Add mushroom mixture and season with salt and pepper.
4. To prepare pesto, cook Swiss chard leaves in boiling water 2 minutes. Drain and rinse under cold water; drain. Place leaves, walnuts, and remaining ingredients in a food processor; process until smooth. Serve with soup.

### Ingredients

- 5 bacon slices, chopped
- 1 1/2 cups chopped onion
- 2 tbsp minced fresh garlic
- 2 portobello mushrooms, chopped
- 1 (3-pound) whole chicken, skinned
- 1 thyme sprig
- 4 1/2 quarts cold water
- 8 ounces Swiss chard, chopped
- 1 cup uncooked pearl barley, rinsed and drained
- 1 cup (1/2-inch) cubed peeled butternut squash
- 1/2 cup finely chopped carrot
- 1/2 cup finely chopped celery
- 1/4 cup finely chopped Granny Smith apple
- 1 habanero pepper
- 3/4 tsp salt
- 1/4 tsp freshly ground black pepper

### PESTO

- 1/4 cup walnuts, toasted
- 1/4 cup (1 ounce) freshly grated Parmigiano-Reggiano cheese
- 2 tbsp extra-virgin olive oil
- 1 tbsp minced fresh garlic
- 1/4 teaspoon salt

### Nutritional Info per serving

Calories: 416  
Protein: 41.g  
Total Fat: 13.7g  
Saturated Fat: 3.1g  
Fibre: 6.6g  
Sodium: 117 mg

George Mateljan Foundation. (2015). Barley. Retrieved from [www.whfoods.com](http://www.whfoods.com)

Cooking Light (2008). Heart barley soup with walnut pesto. Retrieved from [www.myrecipes.com](http://www.myrecipes.com)