

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).



CHICKEN & BARLEY SOUP WITH WALNUT PESTO



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

Instructions

Cook bacon in a large skillet until crisp. Add onion, garlic, and mushrooms; cook 5 minutes.

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.

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.

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.

NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	416
PROTEIN	41 g
TOTAL FAT	13.7 g
SATURATED FAT	3.1 g
FIBRE	6.6 g
SODIUM	117 mg

George Mateljan Foundation(2015) Lentils Retrieved from www.whfoods.com
Cooking Light (2002) Lentil Stew with Ham and Greens Retrieved from www.myrecipes.com