

Chicken Soup

Ingredients:

3 lb	Chicken, cut into pieces	1.5 kg
9 cups	Water	2.25 L
3 medium	Celery stalks with leaves, divided	3 medium
1	Bay leaf	1
1	Small onion, whole	1
½ cup	Onion, chopped	125 mL
½ cup	Carrot, chopped	125 mL
½ cup	Fresh parsley, chopped	125 mL
½ cup	Uncooked barley	125 mL
1 medium	Turnip, diced	1 medium
2 Tbsp	Lemon juice	30 mL
½ tsp	Freshly ground black pepper	2.5 mL
¼ tsp	Celery seed	1 mL
1 cup	Green beans, cut	250 mL
¼ tsp	Dried basil	1 mL

Directions:

1. Place chicken pieces, water, half of celery, bay leaf and small whole onion in a large pot. Cover and bring to a boil, then reduce heat and simmer 1 ½ hours until chicken is tender.
2. Remove chicken from pot. Skim fat off broth using a baster or paper towel. Remove onion and bay leaf from soup.
3. Remove the skin and bones from chicken and discard them. Cut chicken into small pieces and set aside.
4. Add remaining celery, chopped onion, carrot, parsley, barley, turnip, lemon juice, pepper and celery seed to pot. Cover and let simmer for 20 minutes.
5. Add green beans and chicken; continue cooking 15 minutes or until beans are tender. Add basil when approximately 5 minutes of cooking time remaining.

Makes 12 servings (375 mL / 1 ½ cup / 357 g)

Nutrition Facts		
Per One Serving		
(375 mL / 1 ½ cup / 357 g)		
Calories	280	kcal
Carbohydrates	19	g
Fibre	6	g
Protein	32	g
Fat	9	g
Sodium	30	mg
Potassium	335	mg
Phosphorus	79	mg