

# CHICKEN and BARLEY SOUP

- 2 pounds chicken backs, necks and/or wings
- 8 cups water
- ½ cup barley
- ½ pound carrots, grated
- 1 small onion, diced
- 2 teaspoons parsley
- 1 teaspoon salt
- ¼ teaspoon pepper



1. In large pan, combine chicken and water. Bring to a boil; reduce heat and simmer gently, partially covered, for 2 hours. Add more water if needed. Remove from heat and cool. (Can refrigerate overnight.)
2. Remove bones, leaving meat in broth.
3. Add barley and bring to a boil. Reduce heat and simmer for 1 hour.
4. Add remaining ingredients and continue cooking for an additional 30 minutes.
5. Cool and pour into one-gallon freezer bag. Label with date and heating instructions and freeze.

## To prepare for serving:

In refrigerator, thaw soup. Place in saucepan and heat thoroughly over medium heat. Makes 6 servings.

## Enjoy with:

- Ice-cold milk
- Fresh baked bread (see Bread in a Bag recipe)
- Sliced peaches (fresh, canned or frozen)

## Nutrition Facts

Serving Size 1½ cups soup	
Servings per Recipe 6	
Amount per Serving	
<b>Calories</b> 520	Calories from Fat 220
%	
Daily Value*	
<b>Total Fat</b> 24g	37%
Saturated Fat 7g	35%
<b>Cholesterol</b> 140mg	47%
<b>Sodium</b> 510mg	21%
<b>Total Carbohydrate</b> 33g	11%
Dietary Fiber 7g	28%
Sugars 3g	
<b>Protein</b> 43g	
<b>Vitamin A</b> 110%	• <b>Vitamin C</b> 8%
<b>Calcium</b> 6%	• <b>Iron</b> 20%
* Percent Daily Values are based on a 2,000 calorie diet	