

Chicken Barley Soup

Stock:

1 whole chicken breast (skin and bones too!)

1 whole onion (slice root end off, but leave on the onion skins, gives color to the stock)

2 whole celery stalks

salt & pepper

I put these items in a cast iron pot I have, just covered everything with water and let it simmer away with the lid on for about 2 hours. Using tongs I lifted the chicken out, lifted out & squeezed the onion, did the same with the celery. I put the chicken in the refrigerator to cool and left the pot with the stock in it on the stove top to cool as well. After about an hour, I strained the stock through a little mesh strainer and set it aside in the refrigerator.

Ingredients for the actual soup:

1 whole onion, peeled and chopped into small pieces

5"-6" sliced right off the top of a whole bunch of celery, leaves and all. Then chopped into small pieces

2 large carrots, peeled and cut into small pieces

Salt & Pepper

Canola Oil

3/4 cup uncooked barley

1 whole chicken breast, de-boned and diced (from stock preparation above)

Stock from above preparation

I sauteed the onions, carrots and celery in a small amount of canola oil for about 5 minutes, then added the chicken, the stock and barley. Salt & pepper to taste. I let this simmer for 1.5 hours. Serve hot. Refrigerate any leftovers.