



Chicken and barley soup

NIBBLEDISH CONTRIBUTOR

Ingredients

1-2 chicken breasts, cooked and cut into big chunks
chopped onion
diced carrots, tomato and celery
2 tablespoons tomato paste
cooked barley, about 1/2 cup
Italian seasoning, salt and pepper to taste
chicken broth and water
chopped fresh parsley for garnish
sour cream (optional)

Instructions

Cook onions, celery and carrots then add chicken breast cubes. Season with salt, pepper and Italian seasoning. Stir together for a few minutes. Add chicken broth, cooked barley and tomato paste. Simmer gently until flavors come together. Garnish with chopped fresh parsley and a little sour cream for additional flavor. Serve hot with crackers or toasted bread slices.