



## *Healthy Eating & Weight Loss*

# Chicken Barley Soup

- 1 pound skinless, boneless chicken breasts, cubed
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 tsp canola oil
- 1 and 3/4 cups chicken broth
- 5 cups water
- 1/2 cup quick-cooking barley
- 1 pkg (10-12 oz) Italian style frozen vegetables

Sprinkle the chicken with salt and pepper. Heat the oil in a large nonstick sauce pan and add chicken and cook until browned, about 5 minutes. Add broth and water and bring to a boil.

Add barley and cover and reduce heat to simmer. Simmer until barley is tender (about 10 minutes) Stir in vegetables and cook until tender, about 5 more minutes.

Makes 4 servings

**231 calories per serving, 30 g protein**

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