



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Chicken and Barley Soup

- 2 pounds chicken backs, necks and/or wings
- 8 cups water
- ½ cup barley
- ½ pound carrots, grated
- 2 stalks celery, diced
- 1 small onion, diced
- 2 teaspoons parsley
- 1 teaspoons 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.
2. Remove bones, leaving meat in broth.
3. Add barley and bring to a boil. Reduce heat and simmer for 1 hour. Add remaining ingredients and continue cooking for and additional 30 minutes. Makes 6 servings.

Nutrition Facts

Serving Size: 2 cups (547g)

Servings: 6

Amount Per Serving

Calories 410 Calories from Fat 230

% Daily Value*

Total Fat 25g **38%**

Saturated Fat 7g **34%**

Trans Fat 0g

Cholesterol 135mg **45%**

Sodium 540mg **23%**

Total Carbohydrate 17g **6%**

Dietary Fiber 4g **17%**

Sugars 3g

Protein 28g

Vitamin A 100% ■ Vitamin C 6%

Calcium 6% ■ Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

To reduce fat: After removing bones from broth, let cool in refrigerator. Fat will rise to the surface and solidify. Remove fat from broth and continue with Step 3 in the above recipe.

*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to www.uwyo.edu/centsible for more information.



TV Show

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