

Chicken Barley Vegetable Soup

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1 Tbsp butter

¼ tsp thyme

1 Tbsp minced garlic

16 cups chicken broth

1 cup loosely packed dried mushrooms

2 cups barley flakes or pearl barley

1 pound cooked, shredded chicken

1 can (15oz) navy or Great Northern beans, rinsed and drained

12 oz frozen spinach

2 tsp dried dill

Salt and pepper to taste

1 Tbsp lemon juice

In a large soup pot, melt the butter over medium heat. Stir in thyme and garlic and cook for 30 seconds.

Add broth, mushrooms, chicken, beans and barley.

Bring to boil over high heat and then reduce to medium low. Cover and simmer about 15 minutes.

Add spinach, dill, salt and pepper. Simmer for another 15 minutes or more. The longer it simmers, the more the flavors blend.

Before serving, stir in a little lemon juice, if desired, to sharpen the flavors.

About 12 servings

