

Homemade Chicken Vegetable Soup

Research suggests that there is some scientific validity to the claim that Chicken Soup can cure the common cold. Irregardless, nothing lets someone know you care more than making a pot of hot soup for them when they're feeling under the weather.

Ingredients:

1 leftover chicken frame or 5-6 skinless, bone-in chicken legs and/or chicken breasts

2 Tbsp olive oil

2 medium onions

2-3 carrots, diced

1 small turnip, diced

1-2 ribs celery, diced

1-2 cloves garlic, finely chopped

¼ c. pearl barley

Salt and pepper to taste

Place chicken frame leftover from roasted chicken into a large pot. Add enough water to cover frame and season with approximately 1 tsp salt. Peel and quarter one onion and add to pot. Bring to a boil and let simmer, covered, for about an hour. (If using legs and/or breasts, be sure to remove skin to reduce the fattiness of the broth and then cook in same manner as previously noted).

Strain broth into a large bowl and set aside. Discard bones and onion, saving any chicken meat to add to soup. Dice celery, carrots and turnip into ¼-12" pieces. Chop onion and finely chop garlic. Heat a large pot over medium-high heat, then add olive oil. When oil is heated, add onion and garlic and sauté for 2-3 minutes before adding celery, carrot and turnip. Saute another 2-3 minutes then stir in pearl barley and chicken meat. Stir to combine and then add reserved chicken broth. Season with salt and pepper to taste, and bring to a boil. Cover and reduce heat to medium-low and let soup simmer for approximately 40 minutes.

Taste broth and season as needed. If broth still tastes a little 'fresh', add 1-2 c. unsalted chicken broth, stir and bring to a gentle boil. Serve soup topped with freshly chopped green onion.

Kim's Cookology!