

# Chunky Chicken Barley Soup

4 servings, Prep time:15 minutes; Cook 40 minutes

1 cup chopped onion  
1 cup chopped carrot  
1/2 cup chopped celery  
2 garlic cloves, minced  
2 tsp. olive oil  
1 (14 1/2 oz.) can of low-sodium, fat-free chicken broth  
1 3/4 cups of water  
1/4 tsp salt  
1/4 tsp dried thyme  
1/4 tsp pepper  
1 cup chopped cooked chicken  
1/2 cup uncooked quick-cooking barley (which we were not able to find, so we used regular barley, cooked it separately and added to soup when the chicken is added below)

Saute first 4 ingredients in hot oil in a large Dutch oven over medium-high heat 5 minutes.

Add chicken broth, 1 3/4 cups water and next 3 ingredients. Bring to a boil, reduce heat, and simmer, partially covered, 23 to 25 minutes or until vegetables are tender.

Add chicken and barley, cook 8 to 10 minutes or until barley is tender (if using quick-cooking).