

# Recipes

## Barley Soup with chicken and mushrooms

Know who to turn to



This traditional Russian soup will heat your belly during cold winter evenings. The recipe makes a large amount and freezes well.

**Makes 13 portions**

### Ingredients:

- 3 liters of water
- 1 cup of barley
- 1 cup of chopped onion
- 2 cups of quartered mushrooms
- 1 chicken, about 2.5 lb.
- 2 medium carrots, cubed
- 2 medium potatoes, cubed
- 1 tbsp salt
- ½ tsp freshly ground black pepper
- 1 tsp of ground turmeric
- 1 clove of garlic, minced

- ~ Remove skin and all visible fat from a chicken, rinse and put in a 5 liters pot.
- ~ Add water and bring to a boil. Rinse chicken once again and discard this water. Add 3L of fresh water, bring to a boil, add salt and simmer until cooked, about 90 minutes.
- ~ Remove a chicken, cool, and separate meat from bones; chop meat and set aside.
- ~ Put rinsed barley into chicken broth, bring to a boil, reduce the heat and simmer covered 15 minutes.
- ~ Add carrots and potatoes and cook additional 15 minutes.
- ~ Add mushrooms, cooked meat, and turmeric. Cook for 5 more minutes.
- ~ Add garlic and pepper; remove from heat.

*Nutritional information for 1 portion (1 cup): 141 kcal (592 kJ), 15.2 g carbohydrates, 12.5 g protein, 3.1 g fat.*