

Chicken and Barley Soup

Pillsbury Best One Dish Meals - February - 2011

Servings: 6

Preparation Time: 35 minutes

Start to Finish Time: 35 minutes

32 oz (4 cups) chicken broth

1 can (14.5 oz) diced tomatoes, undrained

2 medium (1 cup) carrots, sliced

2 medium (1 cup) celery stalks, sliced

1 cup (3 oz) fresh mushrooms, sliced

1/3 cup quick-cooking barley, uncooked

1 teaspoon dried minced onion

2 cups deli rotisserie chicken, chopped

In a 3-quart saucepan, mix the chicken broth, tomatoes, carrots, celery, mushrooms, barley and onion.

Heat to boiling over medium-high heat.

Reduce heat to medium.

Cover and simmer for 15 to 20 minutes, stirring occasionally, or until the barley is tender.

Add the chicken.

Cover and cook about 3 minutes longer or until chicken is hot.

Per Serving (excluding unknown items): 224 Calories; 7g Fat (31.8% calories from fat); 26g Protein; 9g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 4093mg Sodium. Exchanges: 2 1/2 Lean Meat; 1 Vegetable.