

Recipe for Quick Chicken and Barley Soup

The point of this soup is that it's quick and it uses what you have. If you've got cooked rice, quinoa, or wheat berries, sub them for the barley. Roast pork or tofu? Swap in for the chicken. And add as many vegetables as you like. I mean, this is your soup, right?

Yield: Makes a flexible number of servings, but not more (probably) than four, but it depends on how much broth you use.

a little olive oil
a little chopped yellow onion
a handful of shredded or diced carrots
a little celery, if you like (i don't)
a can or two of low-sodium chicken broth, or a few cups homemade stock
a few slivers of fresh ginger, if you're feeling zingy
a few scoops cooked barley
some shreds of leftover roast chicken
a leaf or two of Italian parsley, for pretty

In a small saucepan, warm a little olive oil and add the onion, carrot, and celery (if using). Saute for a few minutes until the vegetables soften. Pour in a can or two of broth, add the ginger, and bring to a boil.

Lower the heat, add the barley and chicken, and simmer just to warm everything through. Garnish with parsley.