

## Chicken Barley Soup with Pesto

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 8 servings

### Ingredients:

#### For the chicken barley soup:

5 bacon slices, chopped  
1 ½ cups chopped onion  
2 tablespoons minced fresh garlic  
2 cups cremini mushrooms, chopped  
1 (3 pound) whole chicken, skinned  
1 thyme sprig  
4 ½ quarts cold water  
8 ounces Swiss chard  
1 cup uncooked pearl barley, rinsed and drained  
1 cup (½ inch) cubed peeled butternut squash  
½ cup finely chopped carrot  
½ cup finely chopped celery  
¼ cup finely chopped Granny Smith apple  
1 habanero pepper  
¾ teaspoon salt  
¼ teaspoons freshly ground black pepper

#### For the pesto

¼ cup walnuts, toasted  
¼ cup (1 ounce) freshly grated Parmigiano-Reggiano cheese  
2 tablespoons extra-virgin olive oil  
1 tablespoon minced fresh garlic  
¼ teaspoon salt  
2 bunch basil



### Method of Preparation:

#### For the chicken barley soup:

1. Cook bacon in a large skillet over medium heat until crisp. Add onion, garlic, and mushrooms to pan; cook for 5 minutes, stirring frequently. Set aside.
2. Remove and discard giblets and neck from chicken. Place chicken and thyme in a large Dutch oven over medium heat. Cover with 4 ½ quarts cold water; bring to a simmer. Skim fat from surface; discard. Remove stems and center ribs from Swiss chard. Coarsely chop stems and ribs; reserve leaves. Add stems, ribs, and next 5 ingredients (through apple) to pan; bring to a simmer. Pierce habanero with a fork; add to pan. Cook 35 minutes or until chicken is done.
3. Remove chicken from pan; cool slightly. Remove chicken from bones; chop meat. Discard bones, thyme sprig, and habanero. Strain barley mixture through a sieve over a bowl. Reserve 4 cups of broth for another use. Return remaining 6 cups broth to pan; bring to a boil. Cook for 10 minutes. Return chicken and barley mixture to pan; bring to a simmer. Add mushroom mixture. Cook for 2 minutes or until thoroughly heated. Stir in ¾ teaspoon salt and black pepper.

For the pesto:

1. Cook Swiss chard leaves in boiling water for 2 minutes.
2. Drain and rinse under cold water; drain. Place leaves, walnuts, and remaining ingredients in a food processor; process until smooth.

To assemble:

1. Serve the soup in bowls with the pesto.

**Nutritional Analysis:**

Calories: 356

Carbohydrates: 30g

Sodium: 447mg

Protein: 39g

Fat: 39g

Fiber: 6g