



**Green Palette**  
Nutrition and Culinary Services

## Hearty Chicken Soup with Barley and Kale

**Serves 4**

### **Ingredients**

1 tablespoon extra-virgin olive oil  
1 medium yellow onion, diced small  
4 carrots, diced small  
4 celery stalks, diced small  
1 sweet potato, diced small  
2 boneless, skinless chicken breasts, cut into 1/2-inch pieces  
Salt and ground pepper  
6 cups low-sodium chicken broth  
3 sprigs thyme  
2 cups cooked barley  
1 small bunch kale, stem removed and torn into small pieces

### **Directions**

1. In a heavy soup pot, heat oil over medium-high. Add onion, carrots, celery, and sweet potato. Sprinkle with salt and pepper and sauté until just tender, about 8 minutes.
2. Add diced chicken. Cook, stirring, until chicken is partially cooked, about 2 minutes.
3. Add chicken broth and thyme and bring to a boil. Cover, reduce heat, and simmer until chicken is cooked through, 10 to 12 minutes.
4. Add barley and kale and cook until kale is wilted, 5 minutes more. Season to taste with salt and pepper and serve with a sprinkling of parmesan.