

## Spring Chicken & Barley Soup

4 servings, about 2 cups each @ 5 Points, 6 pointsplus

### Ingredients

- 1 tablespoon extra-virgin olive oil
- 1/2 cup finely chopped onion
- 1/2 cup finely chopped celery
- 2 cloves garlic, divided
- 6 cups reduced-sodium chicken broth
- 1 large bone-in chicken breast, (10-12 ounces), skin removed, trimmed
- 1/3 cup pearl barley
- 1 15-ounce can diced tomatoes
- 1 cup trimmed and diagonally sliced asparagus, (1/4 inch thick)
- 1 cup fresh or thawed frozen peas
- 1/2 teaspoon coarse salt
- Freshly ground pepper, to taste
- 1/2 cup lightly packed torn fresh basil leaves
- 1 strip orange zest, (1/2 by 2 inches)



### Preparation

- 1.Heat oil in a large saucepan over medium heat; add onion and celery and cook, stirring, until beginning to soften, 2 to 4 minutes. Grate or finely chop 1 clove garlic; add to the pan and cook, stirring, until fragrant, about 1 minute. Add broth, chicken and barley. Bring to a gentle simmer. Cover and cook over low heat until the chicken is cooked through, about 20 minutes. Transfer the chicken to a plate with a slotted spoon. Return the broth to a simmer and cook until the barley is tender, 20 to 30 minutes.
- 2.Meanwhile, shred the chicken or cut into bite-size pieces; discard the bone.
- 3.When the barley is done, add the chicken, tomatoes and juice, asparagus, peas, salt and a grinding of pepper; return to a simmer. Cover and cook over low heat until the asparagus is tender, about 5 minutes more.
- 4.Coarsely chop the remaining garlic clove. Gather basil, orange zest and the garlic and finely chop together. Ladle the soup into bowls and sprinkle each serving with a generous pinch of the basil mixture