

Moroccan Chicken, Lentil & Barley Soup

Ingredients:

- 2 tbsp olive oil
- 4 skinless bonesless chicken thighs
- 1 onion, chopped
- 2-3 carrots, chopped
- 1/2 cup parsley, chopped
- 1/3 cup coriander, chopped
- 3 cloves garlic, minced
- 1 tbsp ginger, grated
- 1 tbsp cumin seed
- 1 tsp turmeric
- 1 tsp paprika
- 1 tsp cinnamon
- 1.5 cup dried red lentils
- 1 can plum tomatoes
- 8 cups low sodium chicken broth
- 1/4 cup pearl barley
- 2 tbsp lemon juice



Directions:

1. In a large pot, heat half of the oil over medium heat. Season chicken with salt and pepper. Add to pot. Cook, turning occasionally until golden, about 8 minutes. Set aside on plate.
2. Add remaining oil to pot. Add carrots, onion, parsley, and coriander. Cook over medium heat, stirring occasionally, until vegetables are tender, about 5 minutes. Add garlic, ginger, cumin, turmeric, paprika, and cinnamon. Cook about 1 minute. Return chicken and any juices to the pot.
3. Add lentils, tomatoes, broth, and barley. using a potato masher, crush and break up tomatoes into bite-sized pieces. Bring to a boil, then cover and gently simmer until lentils and barley are very tender, about 40 minutes.
4. Remove chicken and shred into pieces. Return to pot.
5. Add lemon juice and season to taste.

Source: <https://www.lcbo.com/en/recipe/moroccan-chicken,-lentil-barley-soup/F201701005>



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