

# Slow Cooker Chicken Barley Soup

Yield: 7 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-barley-soup-recipe-indian>

## Ingredients:

- 1 pound boneless chicken breasts or thighs
- 5 cups chicken broth I like the boxed Pacific and Imagine varieties
- 1 onion chopped
- 1/2 cup pearl barley
- 1 tablespoon poultry seasoning
- 4 carrots chopped
- 4 stalks celery sliced
- salt and pepper to taste

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 40 milligrams
4. Fat: 4 grams
5. Fiber: 4 grams
6. Protein: 19 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 270 milligrams
9. Sugar: 3 grams

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