CHICKEN AND BARLEY SOUP

PHASE 1
Serves 4–6 (portion size: 3 cups)
4 cups chicken broth
4 cups vegetable broth
2½ pounds skinless, boneless chicken breast
1 cup diced onion
1 tablespoon crushed garlic
1 whole bay leaf
¼ teaspoon sea salt
¼ teaspoon black pepper
2 cups peeled and cubed butternut squash
2 cups cubed yellow summer squash
2 cups cubed zucchini
1 cup broccoli florets
1 cup chopped fresh mushrooms
1 cup barley
Put 4 cups of water into a large soup pot and add the broths. Add the chicken, onion, garlic, bay leaf, salt, and pepper. Bring all ingredients to a boil. Turn down the heat to low and allow the soup to simmer for 1 hour.
Add the vegetables and barley to the soup pot. Bring back to a boil and simmer on low for another hour or two, until vegetables are desired texture.”

Excerpt From: Pomroy, Haylie. “The Fast Metabolism Diet.” Harmony, 2013-04-09. iBooks.
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