

# Chicken and Barley Stew with Sage and Cremini Mushrooms

## Ingredients:

- 1 tbsp. oil, olive
- 8 oz. fresh yellow onions diced ½”
- 5½ oz. fresh carrots, sliced, thin
- 5½ oz. fresh celery, sliced
- 1½ oz. peeled and minced fresh garlic cloves
- 6½ oz. fresh sliced cremini mushrooms
- 5½ oz. dry pearl barley
- 3½ c. water
- 1½ oz. low sodium, chicken base
- 1½ oz. boneless, skinless chicken thigh
- 8 oz. fresh, seeded, diced plum tomatoes
- ¼ tsp. ground, black pepper
- ½ c. parsley, italian, fresh, chopped
- 2 tsp. sage leaves, fresh
- 8 tbsp. shredded parmesan cheese
- 1 tbsp. olive oil

## Preparation:

Combine hot water and chicken base. Set aside until ready for use. Boil barley in plenty of water until tender but not mushy, about 30 to 40 minutes. Drain water and set aside. Heat oil in a stock pot and saute onions until light brown. Add the carrots, celery, mushrooms and garlic and saute for another 3 minutes, stirring. Add barley and chicken stock to cooked vegetables.

Dice, the chicken thighs. Heat separate saute pan or clean flat top. Heat oil and saute chicken to lightly brown. Add the diced chicken, and tomatoes to vegetables. Bring to a boil and then simmer partially covered for 15 minutes. Season with pepper. Add the fresh parsley and sage just prior to serving.

