

## CHICKEN, VEGGIES, RICE & BARLEY SOUP.

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Preparation Time; 20 Minutes

Cooking Time; 30 Minutes.

### Step # 1 – PRE COOK CHICKEN LEGS.

- 1 ½ inch of water in the cookware before you put the chicken in it.
- 4 Chicken Legs. (You will only need 2 legs for the Soup but you need the cooking juice of 4 Legs.)
- 1 Tea Spoon of My Seasoning Salt or Regular Seasoning Salt.
- 2 Pinch of Lemon Pepper.
- 1 Tea Spoon of Garlic Powder.

Pre cook 4 Chicken (Full Legs) in a Pyrex Glass Ovenware in **1 ½ inch of water (see photo)** Season with My Seasoning Salt or regular Seasoning Salt, Lemon Pepper and Garlic Powder. You will need only two Legs for the soup but you can put more meat in the soup if you want. Cover with and aluminum foil and put in the Oven at 375 for 45 Minutes. Then let the chicken cool down and cut the Chicken in small pieces and put in the fridge for now. **Keep all the remaining cooking juice (broth) for the Soup.** It is always better to cook the Chicken in the oven, because if you boil it the meat will be tasteless and loose all it's goodness and proteins in the water. **Never boil the chicken for a soup** or any meat to make a soup.

### Step # 2 – PRE COOK Pot Barley and Rice Together.

- ½ Cup of Pot Barley
- ¼ Cup of Rice.
- 2 Table Spoon of Olive or Peanut Oil.
- 1 Tea Spoon of Salt.

Boil all the above for 25 Minutes at high heat then strain and rinse well and put in a small bowl and add **4 Egg White** and mix well and put in the fridge for now.

### Step # 3 - DRY SPICES Preparation.

- 5 Table Spoon of Chicken Base Powder.
- 3 Pinch of Celery Salt.
- 2 Pinch of Savory.
- 2 Pinch of Sage.
- 1 Pinch of Thyme.
- 2 Tea Spoon of Cilantro.
- 1 Tea Spoon of Garlic Powder.
- ½ Tea Spoon of Onion salt.
- ½ Tea Spoon of Salt.



Prepare in advance all the above spices and put aside for now in a small dry container.

#### **Step # 4 – VEGGIES Preparation.**

- 2 Celery Sticks finely chopped.
- 6 Medium Size Brussels Sprouts finely chopped.
- 1 Medium Yellow Onion finely chopped.
- 12 Baby Carrots finely chopped.

Pre Cut all the above and put in the fridge for now.

#### **Step # 5 - SOUP BASE PREPARATION.**

- 8 Cup of Water.
- 2 Cups of Chicken Broth from cooking the chicken legs.
- ½ Cup of Vermicelli of your Choice.

Bring the liquid to a hard boil at high heat and add the Dry Spice Mix you did in step # 3 Mix well then add **the Rice Barley Mix that you did in Step # 2 Pour it in very slowly while briskly stirring the soup.**

Bring the heat down to medium and boil for 10 minutes and stir the soup at times. **ATTENTION** Keep a close eye so that the Soup does not over boil; it is very likely to over boil at this point if it is not attended. Stir fast if it boils too much too cool it down.

After 10 minutes of boil you can add ½ cup of Vermicelli of your choice and you can also add the **Veggies preparation you did in Step # 3** then bring back to a boil and let boil for another 10 minutes at medium heat and stir slowly and occasionally.

**Now it's time to add the chopped chicken you did in Step #1.** Bring the heat to medium-low and let **simmer for another 5 Minutes** and mix the soup occasionally and very slowly so as not to break the chicken too much.

**Remove the soup from the stove and put on a cold surface.**

**The Soup is now ready to be served. Stir well before each pouring.**

**BON APPÉTIT**

