

Warm up with chicken barley stew

Everyone loves to come home from a long day to the smell of a stew waiting for you! This high-protein warming meal is also perfect for those busy evenings when your kids have activities. My girls love this stew!

Ingredients

- 3 boneless, skinless chicken breast, cubed (uncooked)
- ½ cup uncooked black-eyed peas, rinsed
- ½ cup barley
- 1 medium sweet onion, chopped
- 1 cup potatoes, peeled and cubed
- 1 cup sweet potatoes, peeled and cubed
- 3 large carrots, peeled and chopped
- 1 garlic, minced
- 1 tsp sea salt
- ½ tsp pepper
- ½ tbsp thyme
- ½ tbsp basil
- ½ tbsp cilantro

- ¼ tbsp dill
- 2 bay leaves
- ½ tsp turmeric
- 6 cups chicken broth or vegetable (preferably organic)

Directions

- Fill a slow cooker with broth, an additional 8 oz water, garlic, herbs and pepper.
- Add chicken, peas and barley, then layer onion, potatoes and carrots overtop. Liquid should cover vegetables. Do not stir.
- Allow to simmer all day at least six hours.
- Remove bay leaves and stir before serving.
- Enjoy!

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