

Chicken, Barley, and Lentil Stew

Recipe By *Sina Mizrahi*



Cooking and Prep:  6
h 15 m

Serves:  6

Contains: 

Preference: Meat

Difficulty: Easy

Source: Relish by Binah
Magazine

I love coming home to a rich, hearty stew at the end of the day. This one is well-seasoned, a breeze to put together, and hearty enough to satiate.

Ingredients (11)

Main ingredients

- 6-8 chicken drumsticks, skin on
- 1 cup pearl barley, rinsed
- 1 cup green lentils, rinsed
- 2 cups frozen cubed carrots, rinsed
- 1 teaspoon garlic powder
- 1 teaspoon onion powder

- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 onion, finely chopped
- 3 and 1/2 cups vegetable broth or **Empire Chicken Broth**

Sommelier Suggests

- Psagot Rosé**
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Start Cooking

For the Stew

1. In the crock of a slow cooker, place the barley, lentils, carrots, and chicken. Season with garlic powder, onion powder, salt, and pepper. Sprinkle the chopped onion over the surface and pour in the broth.
2. Cook on high for 4 hours or low for 6 hours. (If you like your stew more soupy, add an additional 1/2 to 1 cup of broth at the end of the cooking time.)
3. Serve hot.