

Chicken Gizzard Barley Soup

Recipe By *Faigy Grossman*



Cooking and Prep:  2
h 15 m

Serves:  8

Contains: 

Preference: Meat

Difficulty: Easy

Diet: No Refined Sugar

Source: Family Table by

Mishpacha Magazine

Easy to prepare, hearty, and tasty... Need one ask for more?! A perfect choice for flavorful nutrition in a bowl, year-round!

Ingredients (9)

Chicken Barley Soup

- oil, for sautéing
- 2 onions, diced
- 1 (8-oz./225-g.) package chicken gizzards (pupiklach), rinsed
- 6 cups water, plus more, to taste
- 6 small carrots, cut into half circles
- 2–3 stalks celery, chopped

- 1 cup barley
 - salt, to taste
 - black pepper, to taste
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Start Cooking

Prepare the Soup

1. In a medium-sized pot, sauté onions in oil until softened and beginning to brown.
2. Add chicken gizzards and water; bring to a boil. Lower heat and simmer for 45 minutes.
3. Add remaining ingredients and cook an additional hour at a low simmer. Add water if soup is too thick. Taste and adjust seasonings if necessary.

Credits

Photography: Hudi Greenberger

Styling: Janine Kalesis