

# Creamless Cream of Chicken Soup

Recipe By Chanie Nayman



Cooking and Prep:  5  
h 15 m

Serves:  10

Contains: 

**Preference:** Meat

**Difficulty:** Easy

**Occasion:** Shabbat, Yom  
Kippur

**Diet:** Low Carb, Sugar Free

**Source:** Family Table by  
Mishpacha Magazine

Creamless Cream of Chicken Soup I've been waiting for the perfect moment to share this recipe with you. It's the perfect soup to have in the freezer for an emergency supper, since it's a meal in one.

## Ingredients (7)

### Main ingredients

- 3 onions, diced
- oil, for sauteing
- 1-2 carrots, cut into chunks
- 2 chicken cutlets

- 1 cup barley
  - 2 tablespoons salt
  - water to cover, plus 2-3 cups
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## Start Cooking

### Prepare Soup

1. In a large soup pot, sauté onion in oil till translucent.
2. Add remaining ingredients.
3. Bring to a boil and then reduce heat to a simmer. Cook for two hours.
4. Remove chicken cutlets from the pot and shred with a fork.
5. Return to pot and cook for another three hours.

#### Note:

Make sure not to sauté your onion for too long, or the soup will turn brown when you add the rest of the ingredients!

#### Tip:

You can add another onion for more flavor.

### Credits

Photography: Daniel Lailah

Styling: Amit Farber