

# Creamy Chicken Parsnip and Zucchini Soup

Recipe By Chanie Nayman



Cooking and Prep:  3 h

Serves:  8

Contains: 

**Preference:** Meat

**Difficulty:** Easy

**Occasion:** Sukkot

**Diet:** Sugar Free

**Source:** Family Table by

Mishpacha Magazine

With all our favorite soups from over the years, I love creating a new one for Yom Tov. This one is unique in that it will take you through the winter, as it's really a meal in a bowl! I first made it on a fast day, and I totally became fleishig that night to taste it.

## Ingredients (11)

### Main ingredients

- 1 extra-large onion, diced
- 8 cups **Empire Chicken Broth**
- 1/2 cup barley
- 3 cloves garlic, minced or 3 cubes **Gefen Frozen Garlic**
- 1 and 1/2 tablespoons salt

- 1/2 teaspoon pepper
- 2 chicken cutlets
- 3 green zucchini, unpeeled, sliced
- 4 medium-sized parsnips, peeled and coarsely diced
- 1 bunch parsley

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### Duck Fry Garnish

- 3–4 ounces (85–110 grams) Pelleh duck fry
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## Start Cooking

### Prepare the Soup

1. In a large soup pot, sauté onion until translucent. Add chicken broth, barley, garlic, salt, pepper, and chicken. Bring to a boil, then lower to a simmer and cook over medium-low heat for one and a half to two hours.
2. Add parsnip, zucchini, and parsley to the pot, and continue cooking for 25–30 minutes or until the vegetables are fork-tender.
3. Remove the chicken from the pot and shred with two forks. Blend the rest of the soup, then return the shredded chicken to the pot.

### For the Garnish

1. Preheat oven to 350 degrees Fahrenheit (180 degrees Celsius). Lay duck fry flat in a nine- by 13-inch (20- to 30-centimeter) baking dish. Bake for 20 minutes, or until crisped. Break into pieces, and sprinkle over the soup before serving.

### Credits

Photography: Moishe Wulliger

Food Styling: Renee Muller