

Healthy Recipes for Your Heart

English Pea, Barley and Kale Soup with Braised Chicken

 Chef Ethan Stowell of Ethan Stowell Restaurants Makes 4 servings

- 2 pounds bone-in and skinless chicken breasts and thighs
- 1/8 teaspoon salt and pepper
- 2 tablespoons extra virgin olive oil
- 4 cloves garlic, sliced thin
- 1 bunch Lacinato kale, stems removed and leaves torn into pieces
- 8 cups water
- 2 cups shucked English peas
- 1/4 cup minced chives
- 1 tablespoon chopped fresh rosemary
- 2 cups cooked barley
- 1/8 teaspoon salt and fresh ground black pepper



For the soup, season chicken with salt and pepper; heat olive oil over medium high heat in a stockpot. Add chicken, and cook until golden brown, turning once, about 8 minutes; remove and set aside until cool enough to handle. Remove bones from chicken and cut into bite-sized pieces; set aside (the chicken will not be totally cooked at this point; it will finish cooking later in the soup).

Drain all but 1 tablespoon fat from pan; add garlic and sauté until soft, but not brown, about 2-3 minutes, add kale and sauté for an additional minute. Add water, bring to a boil and reduce heat to a simmer; cook until kale is very tender, about 10-12 minutes. Add peas, chicken, chives, rosemary and cooked barley; season with salt and pepper. Continue to simmer until the chicken is cooked through and the peas are tender, about 10-15 minutes.

To serve, ladle into bowls and serve immediately.

Nutrition Facts:	Amount Per Serving
Calories	509
Total Fat	13.86 g
Trans Fat	0.15 g
Polyunsaturated Fat	2.54 g
Monounsaturated Fa	at 7.2 g
Cholesterol	159.89 mg
Sodium	344.76 mg
Carbohydrates	38.78 g
Dietary Fiber	7.82 g
Total Sugars	4.42 g
Protein	56.12 g