

Scrumptious Soup

Check your pantry and freezer for other vegetables that you might want to add. In the freezer I found 2 tablespoons of chopped green Ortega chilies that I added. Frozen or drained canned corn would be another nice addition. Maybe I should call it Raid the Pantry Soup!

Ingredients

- 3 cups canned low-salt chicken broth, homemade if you have it.
- 1 leftover ham bone, see #6 about using chicken.
- 1 lb. yellow potatoes, unpeeled, and cut into chunks. Peel if using russets.
- ½ cup pearl barley, rinsed
- 1 14 oz. can diced tomatoes, undrained
- OR
- 2 Roma tomatoes, seeded and chopped
- ½ medium onion, chopped
- 1 carrot, diced
- ½ cup celery, chopped
- 1 teaspoon dried basil
- 8 oz. chopped ham
- ½ cup potato flakes
- 1 can green beans, (optional) drained and rinsed
- 1 can corn, (optional) drained and rinsed



Method

1. Place ham bone in at least a 6 quart pot, pour in the broth and add enough water to cover the bone. Cover, and bring to a boil. Reduce heat and simmer for 1 hour.

2. Add diced potatoes, tomatoes with juices, onion, carrots, celery, barley, and basil. Bring to boil. Continue simmering covered until barley is tender, about 1 hour or so and potatoes are very soft.

3. Using tongs, remove ham bone from soup. Cut meat off and chop coarsely. Return meat to soup; discard bone.

4. Sprinkle the potato flakes on the surface, a spoonful at a time, stir into the soup and allow to simmer another 15 minutes or so.

5. When ready to serve, add optional green beans or corn and simmer for a few minutes to heat the beans. Season soup to taste with salt and pepper.

6. NOTE: Don't have or want to use ham? Four whole chicken legs (thighs and drumsticks) will work fine with this. Remove the meat and bones before adding the remaining ingredients, so the meat

doesn't overcook. Debone, cut up and refrigerate the meat until almost ready to serve. Return the meat to the soup and simmer until heated through.

(Yield: 4-5 servings)