



## KETO CHICKEN & LEEK SOUP

### INGREDIENTS

- ½ Spanish onion, fine chopped
- 2 oz butter or oil
- 3-4 garlic cloves, crushed
- S+P to taste
- 2 fl oz Scotch of your choice
- 3-4 large leeks, dark green part removed, light green parts cut into half-moons
- 2 L chicken stock (recipe: <https://cheoffgeoff.com/2020/10/29/easy-slow-cooker-chicken-stock-bone-broth-recipe/>)
- 1-2 lb pulled chicken
- 3 sprig rosemary, chopped
- 4 sprig parsley, chopped
- ¼ cup barley
- Spice blend: 1 bay leaf, 1 ts nutmeg, 1 ts dry mustard
- 3 piece parsnip, chopped
- 6 piece pitted dried prunes, chopped

### METHOD:

1. In a stock pot sautee the onion with melted butter, garlic and S+P
2. Meanwhile in a separate small pot cook the barley in  $\frac{3}{4}$  of water with salt. Cook on low heat for about 25 minutes until the liquid is absorbed.
3. Deglaze with the onions with Scotch.
4. Add the parsnips.
5. Add chicken stock, bring to a boil and simmer for a few minutes.
6. Add cooked chicken and leeks. Simmer for 20 minutes.
7. Add prunes, simmer.
8. Remove from heat and add herbs and check seasoning.

Y: 4 L

Shelf Life: 1 week fresh, 3 months frozen