PERSIAN · LUNCH · DINNER

Soup-e Jo (Persian Chicken and Barley Soup)

85 min · Serves 4 · 450 kcal a serve · Video 4:55 · Tahdigers

No dairy listed · No nuts listed

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Pearl barley and lean chicken breast make a filling one-bowl meal with about 29 g of protein and 9 g of fibre per serve, brightened with lemon and parsley instead of cream.

Diet notes: Low saturated fat (1.5 g, 3% of the energy); DASH-friendly (480 mg sodium a serve).

Ingredients 12 · SERVES 4

- [ ] 1 medium **onion**, chopped
- [ ] 2 tbsp **oil**
- [ ] 1 tbsp **turmeric**
- [ ] 2 tbsp **tomato paste**
- [ ] **water** to fill the pot about halfway (about 2 litres)
- [ ] 2 **chicken breasts**
- [ ] 1 big **carrot**, cut into small cubes
- [ ] 1⅕ cups **pearl barley**
- [ ] **salt**, as needed
- [ ] **pepper**, as needed
- [ ] **Lemon juice**: juice of 2 lemons
- [ ] 30 g finely chopped **parsley**, plus extra to garnish

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cut the carrot into small cubes and finely chop the parsley. 0:24
2. Heat the oil in a pot over medium heat and sauté the onion until translucent. Stir in the turmeric and cook for 2 minutes until golden, then add the tomato paste and stir for about 4 minutes. 1:20
3. Fill the pot about halfway with water and stir. Add the whole chicken breasts, the carrots, the pearl barley and salt and pepper. 1:50
4. Cover and simmer on medium-high for about 30 minutes, stirring every 10 minutes.
5. Lift out the chicken, shred it and return it to the pot. Simmer for another 30 minutes on medium heat. 2:55
6. Stir in the lemon juice and chopped parsley. Serve with bread, topped with more parsley and a slice of lemon. 3:30

> **Tip** Serves 3–4. It thickens as it stands; loosen leftovers with hot water or stock when reheating. Freezes well.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
450 kcal	29 g	62 g	9.3 g	10 g	480 mg
1,880 kJ	58% of a day	52 g net · 5 g sugars	33% of a day	1.5 g saturated	21% of a day
		22% of a day		13% of a day	

Energy from net carbs 50% · protein 28% · fat 22%

High in (20%+ of a day) Vitamin K 112% · Selenium 67% · Vitamin B6 46% · Omega-3 43% · Iron 28% · Vitamin A 28% · Vitamin C 27% · Zinc 23%

Source of (10–19%) Magnesium 19% · Folate 15% · Potassium 14% · Vitamin E 14% · Vitamin B12 11%

Recipe and video: Tahdigers (@Tahdigers) on YouTube — youtube.com/watch?v=WN9VwewAWNg, published 15 May 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/persian-soup-e-jo-barley-soup