

## COCK A LEEKIE SOUP



1 litre chicken stock

4 boneless chicken, diced

2 onions, roughly chopped

3 carrots, thickly sliced

3 leeks, thickly sliced

Cup of pearl barley

Tbsp dried flat leaf parsley

Salt & freshly ground black pepper

Wash & drain the pearl barley. Pour the stock & all ingredients into a large saucepan & bring to boil. Simmer for 1 -2 hrs or until pearl barley cooked.

Can be frozen, use within one month.