

cabbage, Carrots, Chicken, Ground, Mushrooms, Vegetables

# Chicken Vegetable Soup with Sorghum

Internet Address:

adapted significantly from an online barley soup recipe



## **SORGHUM:**

3/4 cup sorghum

4 cups low-sodium chicken broth, or vegetable broth

## **SOUP:**

2 tablespoons olive oil

2 medium onions, chopped

2 medium carrots, scrubbed and chopped

2 stalks celery, chopped

1 pound ground chicken

2 small rutabaga, peeled, chopped

8 ounces mushrooms, chopped

2 cups cabbage, finely diced

2 garlic cloves, finely minced

2 teaspoons dried thyme

1/2 teaspoon ground coriander

3/4 teaspoon dried fennel

2 teaspoons paprika

1 1/2 teaspoons salt

1/2 teaspoon black pepper

2 cups low-sodium chicken broth, or vegetable broth

2 teaspoons apple cider vinegar

1 cup fresh parsley leaves

**Grated fresh Parmesan cheese**

*Per Serving (excluding unknown items): 362 Calories; 14g*

*Fat (31.5% calories from fat); 25g Protein; 42g*

*Carbohydrate; 8g Dietary Fiber; 65mg Cholesterol; 763mg*

*Sodium; 11g Total Sugars; trace Vitamin D; 126mg*

*Calcium; 4mg Iron; 1488mg Potassium; 416mg*

*Phosphorus. Exchanges: .*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**

## **Servings: 6**

Start to Finish Time: 55 minutes

1. In a large soup pot bring 4 cups of low-sodium chicken broth to a simmer, then add the sorghum. Stir, bring to a boil. Allow to simmer for 45-60 minutes, covered, until sorghum is cooked. Test the sorghum - it's kind of chewy anyway, but less so once cooked through.

2. Heat olive oil in a medium pot over medium-high heat. Add onion, carrot, celery, rutabaga, mushrooms, cabbage and garlic. Cook for 5 minutes, stirring regularly.

3. Add thyme, coriander, fennel, paprika, salt and pepper. Cook for 1 minute. Add the ground chicken and cook, stirring, until the chicken is no longer pink. Add the 2 cups of chicken broth and continue to cook over low until the vegetables are cooked to your liking.. Set aside.

4. Once the sorghum is cooked, add all the vegetables and bring to a simmer. Stir in parsley leaves and apple cider vinegar. Taste for seasonings. Ladle into bowls and serve with grated Parm on top.