

Regina's Slow-cooker Chicken, Barley and Mushroom Stew

- 4 medium carrots, peeled and cut into 1-inch pieces
- 4 stalks celery, cut into 1-inch pieces
- 1 large yellow onion, chopped
- 1 cup barley
- 1 cup dried navy beans
- 8 oz. Baby Bella mushrooms, chopped
- 32 oz. box low-sodium chicken broth
- 3 cups water
- 2 Tbs. minced garlic
- 1 Tbs. Herbs of Provence
- 2 Tbs. Parsley flakes
- 1 Tbs. Thyme
- 1 tsp. salt
- 1 tsp. fresh ground black pepper
- 12 chicken legs (skin on)

1. In 5 to 6 quart slow cooker, combine the carrots, celery, onion, barley, beans, mushrooms, broth, and water. Stir in garlic, Herbs of Provence, parsley flakes, thyme, salt, and pepper.
2. Nestle chicken legs into the mixture and cook, covered, until the chicken is cooked through (about 5 hours on high.)
3. Remove and discard the chicken skin, bones and cartilage. Break the chicken into pieces and mix into the stew. Spoon into bowls. Serve with side salad.