

Hearty Vegetable Barley Soup



Prep: 15 minutes

Cook: 50 minutes

Yield: 4 servings

Chef Suzanne Landry

2 tablespoons olive oil
1 small onion diced (about 1/2 cup)
2 cloves garlic minced
2 carrots chopped (about 1 cup)
1 large stalk celery chopped (about 1/2 cup)
1 cup sliced fresh mushrooms
1/3 cup uncooked pearled barley
4 cups water
2 bay leaves
1 teaspoon dried dill
1 teaspoon salt
1/4 teaspoon black pepper or more to taste
1/2 cup string beans chopped
1/2 cup fresh or frozen corn



Optional

2 tablespoons fresh parsley chopped
1 small leek cleaned and chopped fine (about 1/2 cup)
Add 1/4 cup precooked lentils or kidney beans at the same time you add string beans.

1. Preheat oil in pot and sauté onion and garlic for 3 minutes on medium heat. Add carrots, celery and salt. Sauté for an additional 2-3 minutes. Add sliced fresh mushrooms if using and stir for another few minutes.
2. Rinse and drain barley. Add barley, water, bay leaves, dill, salt, pepper to vegetables. Cover and cook for 45 minutes or until barley is tender. Add corn and string beans, cover and cook for another 5 minutes. Add parsley, and simmer until ready to serve. Adjust seasoning to taste.

Chef's Notes: You can increase protein in the soup if you add precooked beans, such as kidney or lentils. Any whole grains served with any beans or legume is a protein complement to each other.

To clean leeks, cut across the leek where the white and green parts meet. Keep top and bottoms separate. Cut down the white part lengthwise and rinse thoroughly, making sure to separate the leaves. Cut down again lengthwise and then chop crosswise into 1/2" pieces. For the green upper part, discard old, tough outer leaves until you get to the tender green leaves. Chop as you did the white part. The tougher leaves can be used for building soup stock another time.

Serve with a salad for a hearty and satisfying lunch or light dinner.