



## Vegetable Barley Soup

**Makes:** 2 litres

**Serves:** 4x 2 cups

### Ingredients:

1 medium onions, peeled & diced	(150g)
1 cloves garlic, peeled & minced	(5g)
1 Tbsp tomato paste	(20g)
1 ½ tsp mixed herbs	(1g)
4-5 cups diced vegetables (e.g. <i>Hard: carrot, potato, parsnip, pumpkin, beetroot; Soft: cauliflower, broccoli, celery, zucchini, mushrooms, capsicum, eggplant, yellow squash, green beans, peas</i> )	(650g)
1 tin diced tomatoes	(400g)
2 tsp salt	(11g)
1 cup cooked barley (1/4 cup dry)	(55g, dry)
6 cups water	(1.5L)

### Method:

1. Cook ¼ cup dry barley in 2-3 cups water. Boil then simmer on low heat for 40-50 minutes. Set aside ready to add to the stew.
2. Sauté onion on a dry pan, adding a little water when it starts to brown and stick. Add garlic, tomato paste and herbs and sauté briefly.
3. Add hard vegetables (longer cooking), 1 cup water and simmer for 5-10 minutes.
4. Add soft vegetables (shorter cooking) and remaining ingredients. Bring to boil then simmer for 10-20 minutes until vegetables are tender.
5. Serve with toast or a crusty wholemeal roll.

**Tip:** Add a tin of beans for a heartier soup with a protein boost.