



Barley and Lentil Soup

Makes 8 servings.

Ingredients:

2-3 cloves garlic, finely chopped
1 cup chopped onion
2 medium carrots, peeled and chopped
1 stalk celery, chopped
7 cups vegetable broth, divided
1 1/2 cups fresh mushrooms, sliced
1 cup green or black lentils, rinsed
1/2 cup whole grain barley
1 Tbsp. tomato paste
1 1/2 tsp. dried thyme
1 tsp. curry powder
1 bay leaf
1 Tbsp. finely chopped Italian parsley
2 Tbsp. fresh lemon juice
1 Tbsp. vegetarian Worcestershire sauce
1 tsp. salt
1/2 tsp. black pepper

Preparation:

Spray 4-quart saucepan with non-stick cooking spray. Add onion and garlic; sauté 4 minutes, stirring occasionally. Add carrots and celery; sauté 3 minutes longer, stirring occasionally. Mix in 6 cups vegetable broth, mushrooms, lentils, barley, tomato paste, thyme, curry powder and bay leaf. Bring to a boil. Reduce heat and simmer 60 to 70 minutes or until lentils and barley become tender (but not mushy).

Blend in remaining broth, lemon juice, Worcestershire sauce, salt and pepper. Remove bay leaf and serve.

