



Vegetarian Bean and Barley Soup

Prep Time: 10 minutes

Cook Time: 1 hour

Total Time: 1 hour, 10 minutes

Ingredients:

1/2 onion, diced

2 ribs celery, diced

2 carrots, diced

Any other vegetables desired, 1/2 cup each

2 Tbsp. oil or margarine

8 cups water or vegetable broth

1 cup whole barley, uncooked

1 cup kidney beans, pre-soaked if dry (or pinto)

1/3 cup tomato paste or crushed tomatoes

1/4 tsp. salt

1/2 tsp. pepper

1/4 tsp. celery salt (optional)

1/2 tsp. basil

1/2 tsp. oregano or Italian spice mix

1/2 tsp. thyme

1 tsp. onion powder (optional)

2 large bay leaves

Preparation:

In a large soup pot, sauté the onions, celery, carrots and any other vegetables for 3-5 minutes. Add vegetable broth or water and all other ingredients and bring to a simmer, then reduce heat to medium low. Allow to simmer for at least an hour, stirring occasionally, until barley is soft and somewhat fluffy. Add more spices to taste and enjoy!

