
Barley & Lentil Soup

Ingredients

- 2-3 garlic cloves, finely chopped
- 1 cup onions, chopped
- 2 medium carrots, peeled and chopped
- 1 stalk celery, chopped
- 7 cups vegetable broth, divided
- 1 ½ cups fresh mushrooms, sliced
- 1 cup Fieldstone Organics dry, green or black lentils, rinsed
- ½ cup Fieldstone Organics whole grain barley, dry
- 1 tbsp tomato paste
- 1 ½ tsp dried thyme
- 1 tsp curry powder
- 1 bay leaf
- 1 tbsp fresh Italian parsley, finely chopped
- 2 tbsp fresh lemon juice
- 1 tbsp Worcestershire sauce
- 1 tsp salt
- 1 tsp black pepper

Method

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.

