

Barley Lentil Soup

1/2 cup whole barley
2 Tbsp olive oil
1 onion, diced
5 cups vegetable or chicken stock
1/2 cup lentils...any colour
1 cup broccoli, chopped
1/2 cup parsley, chopped
2 Tbsp tamari seasoning (or soya sauce)
2 celery stalks, diced
2 carrots, diced
3 garlic cloves, crushed
1 tsp each: basil, oregano, thyme and sea salt
1/2 tsp dill
several dashes of cayenne or hot sauce

1. Place barley in a bowl...covered with water...for at least 1 hour or overnight. Drain and rinse barely, set aside.

2. In a large heavy pot, heat oil over medium heat. Add onion and saute until translucent. Add stock and bring to a boil.

3. Add soaked barley, reduce heat and simmer covered for about 30 minutes.

4. Add lentils and simmer covered for an additional 20 minutes.

5. Once barely and lentils are tender, add vegetables, herbs and spices and simmer for an additional 10 minutes...or until you're ready to eat! Add more water or stock if needed to thin soup.