

Mixed Vegetable and Barley Soup

Nourishing, wholesome and a great source of fibre, this hearty soup will keep you warm on a winter's day. Serves 6.

Ingredients

- 1 brown onion, 2 cloves garlic
- 2 tbsp olive oil
- 4 large carrots
- 2 x 400g cans chopped tomatoes
- 1 cup pearl barley
- ½ tsp dried basil and ½ tsp dried oregano
- A good grinding of black pepper
- 1.5 litres vegetable stock
- 1 baking potato
- 1 cup frozen green beans
- ½ cup frozen or canned sweetcorn
- ½ cup frozen peas
- 1 tbsp lemon juice
- A handful chopped parsley



Method

- Make up the stock with the cubes/powder and hot water.
- Peel and dice the onion and carrots and set aside.
- Peel and finely chop the garlic
- Heat the oil in a large pan on a medium heat and add the onion and garlic. Cook until tender.
- Once the onions are soft, add the carrots to the pan, together with the tomatoes, barley, dried herbs, stock and black pepper.
- Stir well and then place a lid on top, bring to the boil and allow it to simmer for 30 minutes, stirring occasionally.
- While the soup is simmering, peel and dice the potatoes into ½ inch cubes.
- Add the diced potatoes to the pan and simmer for a further 10 minutes.
- Once the potatoes are tender, add the frozen beans, peas and sweetcorn – stir and allow to cook for a further 5 minutes.
- Finally add the lemon juice and parsley and stir well.
- Serve piping hot with a nice piece of crusty bread.