

# Hulled Barley Vegetable Soup

Few things warm your body and spirits as much as a steaming bowl of soup. This cold and flu season, curl up with a bowl of this healthy barley vegetable soup for a cozy night in.



## INGREDIENTS

- 1 cup onions, chopped
- 1 cup carrots, chopped
- 1 cup celery, chopped
- 1 tbsp extra virgin olive oil
- 1 rosemary twig
- 1 clove garlic, finely sliced
- $\frac{3}{4}$  cup hulled barley
- 4 cups low sodium vegetable broth
- 1 can crushed tomatoes (28 oz)
- 1 can beans, drained and rinsed (15 oz)
- 2 cups kale, roughly chopped
- Grated parmesan

## PREPARATION (8 servings)

1. In a pot, sauté onions, carrots and celery with olive oil on medium-high heat for 10 minutes. Add the rosemary, garlic and barley and continue cooking for about 3 more minutes.
2. Stir in the broth and bring to a boil. Once boiling, cover the pot, reduce heat and simmer on low for about 1 hour.
3. Add in the tomatoes and beans and cook another 15 minutes or longer, until the beans are soft. If using kale, stir it in the last 5 minutes of cooking. Serve topped with grated parmesan.

## NUTRITION (per serving)

Calories 249; fat 4g; sodium 946mg; carbohydrates 48g; protein 7g; fiber 10g

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