

Barley & Lentil Soup

Serves: 8

Ingredients:

- 3 Tbs. Olive oil
- 2 Onions, chopped
- 4 Garlic cloves, chopped
- 1 Bay leaf
- 3 Carrots, chopped
- 4 Celery stalks, diced
- 1 Red bell pepper, diced
- ½ C Sun-Dried tomatoes, diced
- 1 Tbs. Basil
- ½ tsp. Fresh thyme
- 3 qt. Beef stock
- 3 Tomatoes, diced
- 2 Tbs. Tomato paste
- 1 C Pearl barley
- 1 C Lentils
- Salt and pepper to taste

Procedure:

1. Heat olive oil in a saucepan. Add onion, garlic, and sauté until translucent.
2. Add carrots, celery, red bell pepper, sun-dried tomatoes, basil, and thyme. Cook until vegetables soften.
3. Add tomato paste and stir to assist in providing a roasted tomato flavor.
4. Add diced tomatoes and sun-dried tomatoes, continue to give flavor.
5. Add 2 quarts of stock. Bring to a simmer.
6. Add barley and bring to a simmer. Add lentils. Let simmer until lentils and barley are tender then adjust seasoning.
7. Adjust thickness with last quart of stock if necessary.

8. Season to taste.