

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Lentil-Barley Soup



2 cups lentils
1/2 cup barley or other grain
2 T. olive oil
2 qt. water
1 carrot, grated
1 stalk celery, chopped
1 onion, chopped
2 tsp dried parsley or 1 T fresh parsley
2 tsp real salt (sea salt)
1 tsp onion powder
1 T Nama Shoyu

Soak the lentils and barley overnight. Put all ingredients except the olive oil in a large pot. Cook on a low and simmer 2 hours. Remove from heat when everything is tender but firm and barley is popped open. Stir in olive oil and serve.