

Herbal Legacy Recipes

Lentil-Barley Soup

Submitted by Cherie Ward

Sauté the following in 1-2 T. water or oil:

- 1 onion, diced
- 1 clove garlic, diced

Add:

- 6 cups vegetable broth (can use bouillon)
- 1 (14 oz.) can diced or crushed tomatoes
- 1 teaspoon oregano
- 1 teaspoon basil
- 1 teaspoon prepared mustard
- 1 cup lentils
- 1/2 cup hulled barley (pearled barley can be used if that's what you have)
- 1 – 1 1/2 t salt or to taste (optional)

Bring all ingredients to a gentle boil, lower the heat, cover, and let lightly simmer for about 1 hour. When the barley is soft it's done.



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