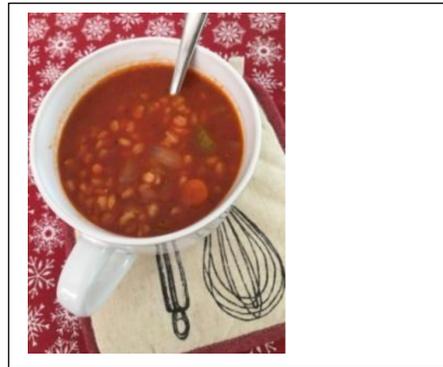


Tomato Barley Soup

MG Newsletter, Julie Hyske

Ingredients Serves 6

- 1 cup onion, diced
- 1 cup carrot, diced
- 1 cup celery, diced
- 2 tsp garlic, minced
- 2 tbsp olive oil
- 1/3 cup pearl barley
- 1 (14 oz) can stewed tomatoes (I like to give them a whirl in the food processor/immersion blender)
- 2 cups chicken broth
- 2 cups water
- 1 bay leaf
- 1/2 tsp black pepper and salt



Heat the olive oil in a large pot. Add the onions, carrots, celery and garlic. Sauté for about 10 minutes or until the vegetables are starting to soften. While they are cooking pour the barley into a dish with water to cover. Add the tomatoes, broth, water, bay leaf, salt and pepper and bring to a boil, stirring occasionally. Rinse the barley and add to the pot. Reduce heat and cook at a low boil for about 45 minutes (until the barley is tender). Add more water or broth if it thickens too much