



# Recipe

## Vegetable Soup with Barley

### Ingredients

- 1tbs vegetable oil
- 4 Celery sticks, chopped.
- 4 Small carrots, peeled & chopped
- 1 Onion diced
- ¼ green cabbage finely shredded
- ¼ swede diced
- 1 Potato peeled and diced
- 1 Clove garlic finely chopped or 1tsp garlic puree
- 1.5ltr Vegetable stock
- Dried mixed herbs
- 4tbs. pearl barley

### Step 1

Heat the vegetable oil in a large saucepan pan. Add onion, and garlic, and cook on a low heat until soft.

### Step 2

Add the rest of the vegetables, cover with water and add the vegetable stock Add the pearl barley and simmer for 60 minutes, until barley and vegetables are tender. Place half of soup into a jug.

### Step 3

Using a stick blender whizz the soup in the pan until smooth, then add the soup from the jug. Serve with crusty wholemeal bread.