

Vegetable & Barley Soup

INGREDIENTS

- 1tbsp olive oil
- 3 cloves garlic, crushed
- 3 brown onions, finely chopped
- 3/4 cup of pearl barley
- 3 cups of beef stock
- 1.5L of water
- 1 bay leaf
- 1 sprig of fresh rosemary
- 1 sprig of fresh thyme
- 2 medium potatoes, cut into 1cm pieces
- 4 medium zucchinis, cut into 1cm pieces
- 2 medium carrots, cut into 1cm pieces
- 100g mushrooms, chopped coarsely
- 1/2 cup fresh flat leaf parsley
- Salt & pepper

SERVES 6.

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DIRECTIONS

1. Soak the pearl barley overnight.
2. Heat oil in a large pan and cook garlic & onion, stirring until soft. Add barley, beef stock, water, bay leaf, rosemary & thyme, bring to the boil.
3. Reduce the heat and cook until the pearl barley is tender.
4. Add potatoes, carrots, zucchinis & mushrooms and simmer covered for about 25min, or until the vegetables are cooked.
5. Add salt and pepper to taste.
6. Remove bay leaf, rosemary & thyme before serving.

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