

Autumn Barley Lentil Soup by Barb Weiser

Ingredients:

- 3 Tbs Olive oil
- 2 Onions, chopped
- 4 Garlic cloves, chopped
- 1 Bay leaf
- 3 Carrots, chopped
- 4 Celery stalks, diced
- 1 Red bell pepper, diced
- ½ C Sun-Dried tomatoes, diced
- 1 Tbs Basil
- ½ Tsp Fresh thyme
- 3 Qts Beef stock
- 3 Tomatoes, diced
- 2 Tbs Tomato paste
- ½ C Pearl barley
- ½ C Lentils (Red)
- Salt and pepper to taste

Procedure:

- 1) Heat olive oil. Add onion, garlic, and sauté until translucent.
- 2) Add carrots, celery, red bell pepper, sun-dried tomatoes, basil, and thyme.
Cook until vegetables soften
- 3) Add 2 quarts of stock, tomatoes, and tomato paste. Bring to boil
- 4) Add lentils and barley. Let simmer until lentils and barley are tender
- 5) Adjust thickness with last quart of stock
- 6) Season to taste.