

Barley and Butternut Squash Soup



Prep Time: 35 minutes

Cook Time: 60 minutes

Ingredients:

¼ cup pearl barley
2 carrots, cut into thick slices
2 garlic cloves, crushed
1 bouquet garni (or 1 dried bay leaf, 1 tsp. thyme, and 1 tsp. parsley)
4 cups gluten-free vegetable stock
1 lb. butternut squash, peeled, deseeded, and cut into bite-sized pieces
Salt
Freshlyground black pepper
Freshly chopped thyme, to garnish

Directions:

1. Place the barley in a large pan, cover with water, and bring to a boil.
2. Cook for 45 minutes or until tender.
3. Drain and return to the pan along with carrots, garlic, dried herbs, and stock.
4. Bring to a boil, cover, reduce heat to medium, and simmer gently for 15-20 minutes.
5. Add the butternut squash and continue to cook gently for 10-15 minutes. Season well and serve immediately.
6. Garnish with the chopped thyme.