



*Soups... love them. Easy to make, nutritious and pretty economical ;)
Here is one of my favorites (especially for cold and rainy weather-trust me)
This recipe combines pearled barley, high-protein lentils and plenty of high-fiber vegetables, so
it just couldn't possibly be more good for you :)
Hope you will enjoy it as much as my family does!*

Ingredients:

½ medium, red onion,
2-3 garlic cloves, peeled and minced,
1 large carrots (or two small ones),
1 medium parsley root (washed and peeled)
3 medium potatoes,
½ medium celery root (washed, peeled and sliced)
3-4 tbsp pearled barley,
½ cup of green (or red) lentils (well rinsed),
3 and ½ cup of water (you can add a little more if soup will be too thick)
1 cup peeled and chopped tomatoes,

2-3 medium bay leaves,
4 grains allspice
1 tsp. marjoram,
1 tsp. lovage (optional)
1 tsp. sweet pepper
2 tsp. olive oil,
1 Knorr vegetable bullion cube,
1 tsp. vegeta seasoning
2 green pepper grains,
Pint of oregano,
Salt to taste.

Directions:

Heat olive oil in a large pot over medium heat.
Add garlic and saute 1 minute.

Add chopped onions and half a cup of water. Simmer for few minutes.

Add well rinsed barley, bay leaves, allspice, Knorr cube, vegeta and green pepper grains. Add remaining water and bring to a boil.

Reduce the heat and add celery root, parsley root, carrots, rinsed lentils and diced potatoes. Simmer for 30 minutes stirring frequently.

Add tomatoes and the rest of the seasonings. Adjust seasonings to your taste.

Your soup is ready when all the ingredients are soft.

Vegetable soup with barley and lentils (Zupa warzywna z kasza i soczewica)

Take out parsley and celery roots before serving. Serve hot.

You can top individual bowls with fresh parsley or even shredded parmesan.

Bon appétit! Smacznego!



