

## Vegetable Barley Soup

**Serves:** 8

**Prep time:** 15 minutes

**Cook time:** 1 hour



2 ½ serves per portion

### Ingredients

2 tablespoons olive oil  
1 medium onion, finely diced  
3 cloves garlic, minced  
2 medium carrots, diced  
3 celery sticks, diced  
2 cups butternut pumpkin, diced  
¼ cup tomato paste  
2L chicken stock, reduced salt  
1 cup pearl barley  
1 400g can cannellini or butter beans  
1 teaspoon dried thyme  
1 teaspoon dried basil  
½ teaspoon onion powder  
1 bay leaf  
Cracked black pepper  
3 cups baby spinach

### Optional to serve:

Fresh basil pesto  
Shaved parmesan

### Method

HEAT oil in a large pot on medium heat. Add the onion and fry for 5 minutes then add garlic and fry for a further minute.

ADD the carrot, celery and butternut pumpkin and sauté for 5 minutes.

STIR in the tomato paste, chicken stock, barley, beans and seasonings.

BRING to a boil then reduce heat and cover, cooking for 50-60 minutes or until the barley is tender and fluffy.

REMOVE soup from heat and tear in the spinach leaves, stirring through until wilted.

*Optional:* Serve with a teaspoon of fresh basil pesto and shaved parmesan on top.



Everyday Food

*Recipe courtesy of the Country Kitchens team*