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Barley Vegetable Soup

By Donna Green Goodman, MPH

Ingredients

- Olive Oil
- 1 medium onion
- 2-3 stalks celery
- 3-4 cloves garlic
- 1 small bell pepper
- 2-3 carrots, sliced or diced
- 2 cups fresh, coarsely chopped Roma tomatoes
- 1 cup of barley
- 1 cup of corn
- 1 cup of lima beans
- 1 cup of green beans
- Water
- McKay's Chicken Style Seasoning, Basil, Thyme, Parsley to taste
- 1 Bay Leaf

Instructions

1. Pour a small amount of oil into a large soup pot.
2. Add onion, celery, garlic, bell pepper and carrots.
3. Sauté for 3-5 minutes.
4. Add other ingredients stirring well.
5. Add 4 cups of water.
6. Season to taste with Chicken style seasoning and herbs.
7. Let simmer a few minutes.
8. Add 2-4 cups more water, bring to boil.
9. Lower heat and simmer about 30 minutes until ingredients are tender.
10. Add more water if necessary.
11. Adjust seasonings to taste.