



## Lentil Barley Soup

Lentils are shaped like flying saucers, and they come in lots of different colors: regular lentils can be green or brown, and then there are small marbled-green French lentils, Black Beluga® lentils, and “red” lentils that are actually orange. For this soup, use any kind but the red ones (they break down too much and make the soup thick and porridge-like).

Source: *Chop Chop*

### Servings

6

### Ingredients

1/2 cup lentils, rinsed and picked over for ones that don't look good  
2 scallions, including greens, sliced  
1/2 carrot, scrubbed or peeled and sliced  
2 celery stalks, including leaves, sliced  
1/4 tsp dried oregano  
1/8 cup raw barley or brown rice

6 cups chicken, beef, or vegetable stock  
8 oz whole peeled tomatoes, coarsely chopped  
Salt and pepper to taste  
6 lemon wedges  
1/2 Tbsp fresh basil, parsley, or cilantro leaves



### Preparation

- Put lentils, scallions, carrot, celery, oregano, barley or rice, and stock into a pot.
- Place the pot on the stove and turn the heat to high. Bring it to a boil. Once the ingredients come to a boil, lower the heat to low and simmer without the lid for about 2 hours to thicken the soup. Stir occasionally to make sure it's not sticking.
- After about 2 hours the pot should be about 1/4 less full than when you started.
- Add the tomatoes and continue to cook the soup for 1-2 more hours, stirring occasionally.
- Once the soup has finished cooking, taste it, and add a little bit of salt and pepper if you like.
- Serve the soup right away with lemon wedges and basil, parsley, or cilantro, or store the soup in a covered container in the refrigerator for up to 2 days.

## Dig Deeper

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# Peas



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