



Meryll

refreshingly healthy

Vegetable Lentil-Barley Soup

Ingredients:

1/2 cup	barley	1 medium	onion, raw, 2.5" dia
1 tbsp	bay leaf, crumbled	2 tbsp	parsley, raw
2 cups	broccoli, raw, diced	1/4 tsp	pepper, black, ground
2 cups	carrot, raw, sliced	2 tbsp	vinegar, apple cider
3/4 head	cauliflower, raw, small (4" dia)	11 cups	water
1 tsp	celery seed		
1 cup	celery, raw		
5	sprigs dill weed, fresh		
2-1/4 cup	lentil, raw, mature seeds		



Recipe Directions:

- * 1. Rinse the lentils. Chop the cauliflower, broccoli, and onion. Slice the carrots and celery.
- *2. Bring the lentils and water to a boil in a large covered pot. Stir in the barley and bay leaves; simmer for 30 minutes.
- * 3. Add chopped and sliced vegetables, then return to a full boil. Reduce heat and simmer for 60 minutes or until the lentils are tender. 4) During the last 10 minutes, add your spices and vinegar.

Nutrient Analysis:

Calories: 214.47	Protein: 13.66 g	Carbs: 39.02 g	Total Fat: 0.91 g
Sat Fat: 0.15 g	Cholesterol: 0.00 mg	Sodium: 46.94 mg	Fiber: 16.83 g

Serves 10