

**BARLEY LENTIL SOUP**

Barley is a wonderful grain in soups or as a replacement for rice. The difference between pot and pearl barley is that pot barley is less refined so contains a little more nutrition but takes longer to cook. Barley is high in fiber so it’s great for lowering cholesterol.

**Ingredients:**

* 1 Tbs. olive oil (try to use virgin cold pressed olive oil)
* 1 large onion, diced
* 3 garlic cloves, finely chopped
* 2 medium carrots, sliced
* 2 large celery sticks, diced
* 6 cups of purified water (add more water after cooking, if needed)
* 3 vegetable bouillon cubes or one 2 Tbs. vegetable bouillon concentrate
* ¾ cup lentils, rinsed
* ½ cup barley, rinsed
* 1 large (28 oz. ) can diced tomatoes
* 1 Tbs. apple cider vinegar
* 2 tsps. Mrs. Dash seasoning
* 2 tsps. Paprika
* 2 bay leaves
* 1 cup chopped spinach
* Sea salt and pepper to taste

**Method:**

1. Put oil in a large soup pot, heat to medium low (4) add onions and cook stirring occasionally for about 5 minutes.
2. Add garlic, carrots and celery and cook another 5 minutes stirring occasionally.
3. Add water, bouillon, lentils, barley, tomatoes and turn heat up to medium high (6) until it reaches the boiling point.
4. Reduce heat and add vinegar, Mrs. Dash, paprika and bay leaves. Cover pot and let simmer for one hour.
5. Add chopped spinach, salt and pepper and cook another 5-10 minutes to wilt spinach and blend seasoning.
6. Serve or freeze.