

## **Vegetable Barley Soup**

Choose your vegetables. Really, anything can work depending upon your taste.

3 cups chopped celery

2 cups chopped white onion

3 cups chopped carrots

3 cups chopped green/yellow/red pepper

3 cups thin sliced mushrooms

2 cups chopped roma tomatoes (peeled and seeded)

2 32oz. boxes vegetable broth

I choose 2 cloves garlic, sea salt to taste, 2 teaspoons marjoram flakes, 2 teaspoons oregano flakes,

1 bay leaf and 1 teaspoon parsley. Pour 1/4 cup vegetable broth in a soup pot. Add all of the vegetables and saute them until tender. Add the spices and stir to mix. Add the remaining vegetable broth.

Bring to a boil and add 1 cup Natural Whole Grain Barley. Boil for 15-20 minutes until the barley is tender. Serves 6

For thicker soup, just blend 1/2 of the vegetable mixture (prior to putting in the barley) in a blender. Add it back to the soup pot and then add the barley.