

## Chef Kathryn's Lentil Barley Soup

serves 8, Use organic ingredients

### Ingredients:

1 cup uncooked Brown or Green Lentils, washed  
5-5  $\frac{1}{2}$  cups water ( and maybe more by eye)  
 $\frac{1}{4}$  cup & 1 Tablespoon Pearled Barley  
 $\frac{1}{2}$  Russet potato, peeled and chopped  
1 medium Spanish onion, small chopped  
4 garlic cloves , minced  
4 celery stalks, chopped  
4 carrots, chopped  
1 zucchini with skin, small chopped  
 $\frac{1}{4}$  cup Italian flat parsley chopped (for end of soup) fresh Basil if available  
15 Oz can of chopped Tomatoes or  $\frac{3}{4}$  jar of puree (see below)  
2 t. Tamari, (wheat-free soy sauce)  
sea salt & pepper (salt 2 t. sea salt,  $\frac{3}{4}$  t. pepper)  
2 Tablespoons olive oil  
 $\frac{1}{2}$  inch, piece of Kombu dried seaweed,( sold in Org. Supermarkets)  
SPICES: 1 Bay Leaf, 2 teaspoon, oregano, (save 1 t. ) 1 t. thyme, 1 t. basil  
OPTIONAL: Can use vegetable stock with tomatoes for broth

### Procedure:

Prep all veggies, set aside, rinse and sort Lentils.  
Sauté onion until golden, add garlic, cook 2 min, add spices, bay leaf, stir ,  
add 1 T. water, stir 1 min. more, add tamari, stir again.  
Add lentils, barley, carrots, and celery and about 3 cups water (water must  
cover 1  $\frac{1}{2}$  inches above food, bring to a full boil for 15 mins., stirring often.  
Add tomatoes and 2 cups water or broth, stir well and cook 10 mins at a soft  
boil and simmer 10 mins more. Add salt & pepper, 1 teaspoon more oregano.  
Puree  $\frac{1}{4}$  of soup, put back in pot, add zucchini, cook 5 mins, add parsley,  
adjust seasonings, may add 1-2 Tablespoon grated Italian cheese,( optional)

Cooks Notes: Kombu seaweed takes gas out of legumes. & adds minerals  
I prefer BIONATURAE ,precious Tuscan, Organic Tomato Puree  
Make sure you have a good amount of liquid, gets thicker next day.

Recipe by Chef Kathryn Bar-Petritis, 2007, All Rights Reserved