



## 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

1. Put lentils, scallions, carrot, celery, oregano, barley or rice, and stock into a pot.
2. 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.
3. After about 2 hours the pot should be about 1/4 less full than when you started.
4. Add the tomatoes and continue to cook the soup for 1-2 more hours, stirring occasionally.
5. Once the soup has finished cooking, taste it, and add a little bit of salt and pepper if you like.
6. 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.

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