RECIPE

Vegetable and white bean soup with barley

A vegan lunch soup of cabbage, carrots, celery and green beans, with white beans and whole-grain barley to make it a meal.

MAKES

6 servings US Metric

TOTAL

1 h 35 min

Ingredients

- [ ] 2 tbsp olive oil
- [ ] 1 large onion, diced
- [ ] 3 medium carrots, sliced into thin rounds
- [ ] 3 medium celery ribs, sliced
- [ ] 1 tsp garlic powder
- [ ] 1 tsp dried thyme
- [ ] 1 tsp dried oregano
- [ ] 2 tbsp no-salt-added tomato paste
- [ ] ¾ cup hulled barley, rinsed
- [ ] 8 cups water
- [ ] 1 can (14.5 oz) no-salt-added diced tomatoes, with their juice
- [ ] 2 bay leaves
- [ ] 3 cups chopped green cabbage

Method

1. Warm the oil in a big pot on medium. Add the onion, carrots and celery and stir them around for 8 minutes, until the onion goes soft and clear.
2. Stir in the garlic powder, thyme, oregano and tomato paste. Cook 1 minute, until the paste darkens a shade.
3. Add the barley, the water, the tomatoes with their juice and the bay leaves. Bring it to a boil, then lower the heat to a gentle bubble and set the lid on, cracked open.
4. At 5,300 ft water boils near 203 °F, so hulled barley takes about 60 to 65 minutes instead of 45 to 50. Stir every 15 minutes. It is ready when a grain is tender with a little chew.

- [ ] 1 cup green beans, cut in ½-inch pieces
- [ ] 1 can (15 oz) low-sodium great northern beans, drained and rinsed
- [ ] 3 cups loosely packed baby spinach
- [ ] ¾ tsp salt
- [ ] ½ tsp black pepper
- [ ] 2 tbsp cider vinegar
- [ ] ¼ cup chopped fresh parsley

5. Stir in the cabbage, green beans and the drained, rinsed beans. Keep it bubbling 10 minutes, until a green bean bites soft.

6. Stir in the spinach and let it wilt, about 1 minute. Off the heat, take out the bay leaves and stir in the salt, pepper, vinegar and parsley. Taste: add a little more vinegar before more salt.

7. The barley keeps drinking the broth, so thin leftovers with a splash of water when you reheat. Cool in shallow containers within 2 hours, then refrigerate. Reheat to a boil, stirring. Freezes in 2-cup tubs for 3 months; thaw overnight in the fridge.