

Seasonal vegies and pearl barley soup

Ingredients

Check our garden for vegies to make this soup.

Here is a list of vegies (for you to use as a guideline)

Potatoes x 3

Onions 1 large or 4 spring onions

Carrots x 6

Leeks These can be used instead of onions

Cabbage Use ½

Tomatoes x 4

Zucchini Our zucchini's are so big you will only need to use a portion of one.

Celery 5 stalks

1 litre of vegetable stock

½ cup of pearl barley (Mrs Baille will have that soaking in water for you.)

3 Tbsp of veg oil

Method

Wash and dry all the produce you have harvested.

You will need to dice the potatoes.

Peel and slice the onion.

Carrots do not need to be peeled, you can grate them. (grating them helps to thicken the soup) BE CAREFUL...graters are sharp so watch your fingers

Repeat this with zucchini.

Shred the cabbage.

Cut the tomatoes in to ¼'s.

Slice the celery thinly.

Make the stock according to directions.

Place large pot on stove on medium heat.

Add oil, then onions.

Cook for 2 minutes, stirring all the time.

Pour in stock, add all the vegies. Drain and add pearl barley.

Turn heat to high, when it boils, turn heat to medium and simmer for 10 minutes.

Serve and enjoy...