

Herbal Legacy Recipes

Lentil Barley Soup

INGREDIENTS:

- 2 cups lentils
- ½ cup barley
- 2 T olive oil
- 2 qt. water
- 1 carrot, grated
- 1 stalk celery, chopped
- 1 onion, chopped
- 2 tsp dried parsley or 1 T fresh parsley
- 2 tsp real salt (sea salt)
- 1 tsp onion powder
- 1 T Nama Shoyu

DIRECTIONS:

Put all ingredients except the olive oil in a large pot. Cook on a low and simmer 2 hours. It is best to soak the lentils and barley overnight. Remove from heat when everything is tender but firm and barley is popped open. Stir in olive oil and serve.

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