

Barley lentil soup

This recipe is quick and easy to prepare, and it uses the slow cooker which means it will cook slowly all throughout the day so this warm and hearty soup is ready to enjoy for dinner. As an added nutritional benefit, this recipe calls for whole grain pot barley.

Ingredients

- 1/2 cup pot barley, dry
- 1 cup brown lentils, dry
- 1 1/2 cups diced parsnips (or carrots, or kernel corn (frozen or canned, drained and rinsed))
- 1 cup shredded cabbage OR diced celery
- 1 cup diced onion
- 10 cups no salt added chicken broth
- 1 bay leaf
- 2 tsp minced garlic
- 1 tsp basil
- 1 tsp oregano

Directions

1. Combine all ingredients in a 5.0 L (5 quart) slow cooker.
2. Cook on low for 8 - 10 hours.
3. Enjoy!

Nutritional facts

(1/6 of recipe)

233 calories, 14.6 g protein,
43 g carbohydrates, 8 g fibre,
0.9 g total fat, 160 mg sodium



Yield: 13 cups
Prep time: 15 minutes
Cook time: 8 - 10 hours



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