



## **Barley Soup with Beans and Basil**

Vegetarian, High Fiber, Low Fat, Heart Healthy Soup

6 servings

### **Ingredients**

- ¼ cup yellow onion, chopped
- 1 small carrot, peeled and diced
- 1 rib celery, finely chopped
- 1 tbsp. extra virgin olive oil
- 5 cups vegetable broth
- ½ cup pearly barley, soaked in water for 2 hours
- ½ cup white beans, canned (rinsed)
- ½ cup canned tomatoes
- 4 cloves garlic, minced
- 3 tbsp. fresh basil chopped
- ½ tsp. dried rosemary
- salt and pepper to taste

### **Preparation**

1. In a soup pot, cook onion in olive oil over medium heat for 4-5 minutes until soft.
2. Add celery and carrots. Simmer for about 3 minutes.
3. Add vegetable broth and bring to a boil.
4. Allow soup to simmer until carrots and celery are tender.
5. Add cooked barley, canned tomatoes, cooked beans, garlic, basil and rosemary. Let it simmer another minute or two.
6. Season with salt and pepper and serve.