

# Vegetable Barley Soup

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## Ingredients

½ medium sized fennel bulb, diced  
2 medium sized carrots, diced  
1 medium sized parsnip, diced  
1 red onion, diced  
3 tbsp extra virgin olive oil  
1 cup pearl barley  
2/3 cup fresh green beans, diced  
4 cups vegetable stock  
1 tsp dried thyme (or 2 tsp fresh)  
½ tsp cumin  
Dash or cayenne  
Salt and pepper to taste  
½ cup fresh parsley, chopped  
1 19oz can beans of your choice (kidney, black, pinto, white, navy, garbanzo, or mixed beans), rinsed and drained

## Directions

1. In a large pot sauté the onion, parsnip, carrots and fennel in olive oil over medium low heat for approximately 10 min
2. Stir in stock and barley and bring to a boil
3. Add thyme, cumin, cayenne salt and pepper
4. Simmer on low heat, covered for 30minutes
5. Add green beans and continue simmering for another 20min
6. Finally add the beans and parsley just before serving allowing in a couple minutes in the warm soup to warm the beans through
7. Additional parsley can be used for garnish

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**Le Soleil Health and Wholeness**

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