

VEGETABLE BEAN SOUP WITH BARLEY

Ingredients

½ cup olive oil
1 large onion finely diced
1 tablespoon chopped garlic
3 diced carrots
2 large stalks diced celery
¼ diced red pepper
1 can small white beans including liquid
2 cans small red beans including liquid
4 cans of low salt, low fat, chicken broth
1 8 ounce can of Tomato Sauce
¼ cup grated Romano cheese
½ cup of ready to cook barley
½ cup chopped parsley
2 tablespoons chopped oregano
1 tablespoon chopped basil
1 tablespoon salt
Dash of black pepper
1 tablespoon granulated garlic powder
1 tablespoon granulated onion powder

Cooking

In a deep sauce pan, sauté diced onion in the olive oil on a low flame, covering pan until onion is soft, but not brown. Add chopped garlic, also sautéing until soft, but not brown. Add beans including liquid and stir to combine. Add chicken broth and stir to combine. Simmer on a medium flame until pan begins to lightly boil. Add cheese, diced carrots, celery, pepper and chopped parsley to pan and continue to lightly boil mixture. Add spices, sauce, and cook on a low to medium flame for 1 hour until all ingredients are soft. Add barley and simmer for an additional 1 hour. Serve with parmesan cheese, crotons or French bread.

Submitted by Howard Turbowitz