



Kale and Barley Soup

NIBBLEDISH CONTRIBUTOR

Ingredients

2 tbs butter
1 white onion
1 shallot
3 cloves garlic
1/2 tbs curry powder
1 14.5 oz can of diced tomatoes
3 cups vegetable stock
2 cups water
3/4-1 cup pearl barley
3 bay leaves
1 tbs vegetarian worcestershire sauce
2 carrots
1 stalk celery
3 leaves of chopped kale
1 green bell pepper
2 tsp celery salt
1 tsp garlic salt
1 tsp dried Italian seasonings
pepper to taste

Instructions

This is a healthy and rich recipe that can be modified for any vegetable tastes. I often add cannellini beans for some extra protein.

In a large dutch oven, heat butter over medium heat. Add diced onion and shallots and saute for about 4 minutes. Then add the garlic and curry powder and saute for a few

minutes more. Then add the tomatoes in juice, vegetable stock, water, worcestershire sauce, Italian seasonings, bay leaves, celery salt, garlic salt, and pepper and bring to a boil. Add the barley and reduce to a simmer. The barley takes a while to cook, so I wait a while to add my vegetables so they don't get soggy.

After about 20 minutes, add the carrot and celery. Cook until barley is nearly tender. Then add the bell pepper and kale and cook until all ingredients are thoroughly cooked.

Enjoy!