

## Beyond your Scale Kitchen

Keep it easy with these simple but delicious recipes. From make-ahead lunches and midweek meals to fuss-free sides and moreish desserts, we've got everything you need.

### HEARTY VEGETABLE BARLEY SOUP

Let the homey flavors speak for themselves with this hearty and delicious vegetable barley soup. It's so easy to throw together, it's healthy, filling, low fat, and costs less than \$1 per serving. Customize this terrific recipe with any orphan ingredients in the vegetable fridge drawer or mix up any seasonal veggies or whatever you have on hand.



## Hearty Vegetable Barley Soup

6 servings

1 hour

### Ingredients

1 tbsp Extra Virgin Olive Oil  
1/2 Yellow Onion (chopped)  
1 Carrot (peeled, chopped)  
1 stalk Celery (chopped)  
2 1/2 cups Butternut Squash (peeled, chopped)  
2 Garlic (clove, minced)  
1 Zucchini (chopped)  
1/2 cup Pearl Barley  
1 tsp Sea Salt  
1 tsp Dried Thyme  
6 cups Organic Vegetable Broth  
2 cups Baby Spinach

### Directions

- 1 Heat the oil over medium-high heat in a large pot. Add the onion and cook for about 5 minutes until it begins to soften. Add the carrot, celery, squash and garlic and cook for 2 to 3 minutes more.
- 2 Add the zucchini, barley, salt and thyme. Stir to combine then add the vegetable broth. Bring to a boil then reduce heat to medium-low and cover with a lid. Let the soup simmer for 35 to 40 minutes or until the barley is tender.
- 3 Stir in the baby spinach and season with additional salt if needed.
- 4 Divide between bowls and enjoy!

### Notes

**Leftovers:** Make a big batch of this barley soup, and bring it to work for lunch. It's even better the next day. Refrigerate in an airtight container for up to three days or freeze for up to two months.

**Serving Size:** One serving is approximately 1 1/2 cups.

**Additional Toppings:** Top with chopped parsley, sliced green onion or red pepper flakes.

**More Greens:** Adding plenty of veggies to this recipe turns a simple barley soup into a nourishing meal packed with nutrients.

**Vegetables:** You can add frozen peas or summer vegetables like green beans, or fresh tomatoes, just in the last 5 minutes of cooking. In winter, you can add mushrooms, squash, cabbage, kale at the beginning, when you add the barley to the pot.

**More flavor:** Add 2 bay leaves and 1 tsp oregano. Use 3 thyme sprigs. Add 1 tbsp tomato paste. Salt and pepper to taste.

**Beans:** Canned chickpeas or canned white beans are rich in protein and work great, add them alongside barley if you wish.

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**Chicken:** Sometimes, I add a couple of raw skinless chicken legs at the beginning, when I stir in the broth. They cook for about 30 minutes, making the broth richer and flavorful. Then I remove the chicken flesh from the bone with a fork and discard the bones.

**Gluten-free:** Short-grain brown rice, buckwheat, and quinoa can be great substitutes for barley in soups and stew. Add a medium-sized potato.