

Old-Fashioned Vegetable Barley Soup

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Ingredients:

- Cooking spray
- 1 teaspoon olive oil
- ½ medium onion, chopped
- 1 medium rib of celery, chopped
- 1 medium garlic glove, minced
- 1 14.5-oz can no-salt-added diced tomatoes, undrained
- 1½ cups frozen mixed vegetables
- 1½ cups low-sodium vegetable broth
- 1 cup chopped kale
- ½ cup water
- ¼ cup uncooked quick-cooking barley
- ½ teaspoon dried basil, crumbled
- ½ teaspoon dried oregano, crumbled
- 1/8 teaspoon pepper
- 1 tablespoon plus 1 teaspoon shredded or grated Parmesan cheese

Directions:

1. Lightly spray a large Dutch oven with cooking spray.
2. Add the oil, swirling to coat the bottom. Cook the onion and celery over medium-high heat until golden, about three minutes, stirring occasionally.
3. Add the garlic and cook for 10 seconds.
4. Stir in the remaining ingredients except the Parmesan. Bring to a boil over medium-high heat. Reduce the heat and simmer, covered, for 10 to 12 minutes, or until the barley is cooked.
5. Ladle into soup bowls. Sprinkle with the Parmesan.