

Bean and Barley Soup

Ingredients:

Vegetable oil	1 Tablespoon
Onion, chopped	1 small
Celery, chopped	1 stalk
Pot barley	½ cup
Water	4 cups
Salt	1 teaspoon
Basil	1 teaspoon
Oregano	1 teaspoon
Garlic powder	2 teaspoons
Thyme	1 teaspoon
Black pepper	½ teaspoon
Mixed vegetables, drained	1 can (398 mL)
White beans, drained and rinsed	1 can (540 mL)



Directions:

1. Add oil, onion and celery to a large pot over medium heat. Cook until onion and celery are soft, about 3 minutes.
2. Add pot barley, water, salt, basil, oregano, garlic powder, thyme and black pepper. Increase heat to high and bring to a boil. Reduce heat to medium-low and simmer for 30 minutes with lid on, until barley is soft.
3. Add mixed vegetables and white beans to pot. Stir together. Simmer on medium-high heat for 5 minutes. Serve and enjoy!

Serves 4 - 6

Tips:

- Try adding ground beef, turkey or chicken for more iron.
- Add canned tomatoes for a different flavour. The vitamin C in the tomatoes will help your body absorb more of the iron from the white beans!

