

Bean and Barley Soup

1. In a large pot add:

White beans, drained and rinsed	1 can (540 mL)
Onion, chopped	1 small

Cook and stir on medium heat until ground beef is no longer pink and onion is soft. Drain off any fat.

2. Add:

Celery stalk, diced	1 stalk
Pot barley	½ cup
Water	4 cups
Salt	½ teaspoon
Basil	1 teaspoon
Oregano	1 teaspoon
Garlic powder	2 teaspoons
Thyme	1 teaspoon
Black pepper	½ teaspoon

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. Then add:

Mixed vegetables, drained	1 can (398 ml)
Tomatoes, diced	1 can (398 ml)

Simmer for another 5 minutes and serve.

Serves 6

Tip:
Try adding ground beef, ground chicken or ground turkey for more iron!

