

COMPLIANT BEAN AND BARLEY SOUP

Here's another vegan soup.  I'm a fan of barley and you don't need meat to make a hardy flavorful soup with barley and kidney beans.

**Ingredients:**

* 2 large onions, chopped
* 3 cloves of garlic, chopped
* 8 cups of filtered water or LOW SODIUM SOUP STOCK ([RECIPES - Karen Warwick RHN](https://www.karenwarwickrhn.com/recipes/low-sodium-soup-stock))
* 1/2 cup barley, rinsed
* 3 celery stalks, diced
* handful of celery leaves, chopped
* 2 medium carrots, diced
* 1 bay leaf
* 1 Tbs. Mrs. Dash, original blend
* 1 small can diced tomatoes (reduced salt if possible)
* 1 can kidney beans, rinsed (or 2 cups cooked from dried kidney beans)
* 1/4 cup fresh parsley, chopped (or 2 Tbs. dried)
* 2 Tbs. fresh dill, chopped finely (or 2 tsp. dried)
* Pepper & No-Salt Seasoning to taste

**Method:**​

1. ​Heat a little water on medium low (4) in a large soup pot.
2. Add onions and sauté for about 7 minutes until translucent
3. Add garlic and sauté onions and garlic until golden.
4. Add all ingredients but the kidney beans, parsley, dill, pepper & no-salt seasoning.
5. Cover and simmer for one hour.
6. Add beans, parsley, dill, pepper and no-salt seasoning and simmer for 10 additional minutes over low heat.
7. Discard the bay leaf and serve.
8. Note: Again....this recipe freezes well so cool and freeze (preferably in glass containers like Anchor glassware) to eat during the week.