

**COMPLIANT BARLEY LENTIL SOUP**

Barley is a wonderful grain in soups or as a replacement for rice. The difference between pot and pearl barley is that pot barley is less refined so contains a little more nutrition but takes longer to cook. Barley is high in fiber so it’s great for lowering cholesterol.

**Ingredients:**

* A little water for ‘frying’
* 1 large onion, diced
* 3 garlic cloves, finely chopped
* 2 medium carrots, sliced
* 2 large celery sticks, diced
* 1 handful celery leaves, finely chopped
* 6 cups of filtered water or LOW SODIUM SOUP STOCK ( [RECIPES - Karen Warwick RHN](https://www.karenwarwickrhn.com/recipes/low-sodium-soup-stock))
* ¾ cup lentils, rinsed
* ½ cup barley, rinsed
* 1 large (28 oz.) can dice tomatoes, salt free
* 2 bay leaves
* 1 Tbs. Mrs. Dash seasoning
* 1 Tbs. each paprika, onion powder, and garlic powder
* 1 tsp. kelp powder
* 1 cup chopped spinach
* 1 Tbs. apple cider vinegar
* Pepper to taste

**Method:**

1. Put a little water in a large soup pot, heat to medium low (4) add onions and cook stirring occasionally for about 5 minutes.
2. Add garlic, carrots, celery and celery leaves and cook another 5 minutes stirring occasionally.
3. Add water (or stock), lentils, barley, tomatoes and bay leaves and turn heat up to medium high (6) until it reaches the boiling point.
4. Reduce heat and add Mrs. Dash, paprika, onion powder, garlic powder and kelp powder. Cover pot and let simmer for one hour.
5. Add chopped spinach, vinegar and pepper and cook another 5-10 minutes to wilt spinach and blend seasoning.
6. Serve or freeze.