

BARLEY SOUP



Servings: About 8 Cups

Ingredients:

2 tbs. ghee

1/2 tsp. dried rosemary

2 stalks fennel, chopped

1/2 tsp. dried thyme

1/2 tsp. dried basil

1/4 c. minced fresh parsley

1/2 cup celery, chopped

1 carrot, grated

1 medium turnip, chopped

6 c. vegetable stock

1/2 c. barley soaked overnight, drained and rinsed

1 bay leaf

Mineral salt

Black pepper or long pepper

Directions:

1. Melt the ghee in a large pot. Add the parsley, thyme, rosemary, basil, fennel, celery, carrot and tunic and sauté over low heat for about 10 minutes.
2. Add the stock to the vegetables. Then add the barley and bay leaf. Bring to a boil.
3. Cover, reduce the heat, and simmer until the barley is very tender, about 1 hour.
4. Season with mineral salt and black pepper or long pepper.

*You can short cut the cooking time by cooking the barley ahead and then, add it to the rest of the ingredients.