

Barley Soup

Ingredients:

8 cups of water
2 vegetable bouillon cubes
½ cup pot barley
2 cloves of garlic
1 small onion
2 celery stalks
2 cups cabbage
2 large carrots
1 complete stalk of broccoli
1 small yam
5-6 mushrooms
1 tsp basil
1 tsp paprika
½ tsp thyme
cayenne pepper to taste
1 tbsp salt

Bring to boil water and bouillon. Once boiled add the barley and the spices. Fry together garlic, onions and celery in 2 tbsp of olive oil until transparent. Then add to barley along with the remaining chopped vegetables. Simmer on low boil until barley is soft, about one hour.

This soup freezes well.