

Barley Vegetable Soup



Serves 4-6

Cooking Time (including preparation)

- 40-60 mins for Kapha
- 60-80 mins for Vata and Pitta

Ingredients

- 8-10 cups water
- ½ cup uncooked barley
- 1 Tbsp olive oil
- 2 med carrots, diced
- 3 cups diced turnip/taro
- 2 stalks of celery, diced
- 1 small bunch of bok choy/spinach
- 1 Tbsp of mixed herbs
- 1 tsp salt
- Black pepper/lemon pepper for taste

Method

Bring to boil the water, barley and olive oil then simmer. Add the carrots, celery, turnip/taro and simmer for another 40 mins. Add the spinach and mixed herbs and leaving the lid off simmer for another 5 mins. Add salt and pepper to taste at end. Transfer to a serving dish and allow soup to settle for 5 mins before serving.

Serve with Rye Bread Croutons.

To maximise nutritional benefits

- Be mindful that food preparation is an act of love and not a chore
- Before consuming, pause to give thanks to all those involved in the growing, providing, preparation and cooking of the meal
- Consume same day
- Chew each mouthful a min of 10 times before swallowing
- Sip warm beverages, don't drink
- Wait for a minimum of 10 mins after eating to savour the meal

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