

## Red Lentil and Barley Soup

1 tbsp	olive oil
2 medium	onions, chopped
3 cloves	garlic, minced
6 cups	beef broth
2 cups	water
1 ¾ cups	carrots, cubed
2 stalks	celery (with leaves), cubed
1 cup	red lentils
½ cup	barley, washed
1	(14oz/398ml) can tomato sauce
2	bay leaves
½ tsp each	dried rosemary and oregano
	salt and pepper to taste
	chopped fresh parsley (optional)

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- In a large soup pot, heat oil on medium-low heat, cook onion and garlic for 5 minutes.
- Add broth, water, carrots, celery, lentils, barley, tomato sauce, bay leaves, rosemary, oregano, salt and pepper.
- Cover and bring to a boil; reduce heat and simmer 40 minutes or until barley is tender, stirring occasionally.
- Discard bay leaves.
- Serve sprinkled with fresh parsley.
- Makes 14 cups.

*"More Choice Menus" by Marjorie Hollands and Margaret Howard*