VEGETABLE BARLEY SOUP

Adapted from "Laurel's Kitchen" by Laurel Robertson, Carol Flinders & Bronwen Godfrey

Makes 10-12 cups of soup

This soup is balancing for all doshas, especially kapha and pitta, and makes a wonderful fall and winter light meal.

Ingredients:

½ onion, chopped

3 carrots, diced

2 stalks celery, diced

2 parsnips or turnips, diced (Note: use parsnips for Vata or Pitta, turnips are more balancing for Kapha)

1 cup sliced green beans

¼ cup sunflower oil or olive oil

½ pound kale or chard

2 quarts hot vegetable stock or water

1 cup whole (hulled) barley (pearl barley will also work), uncooked

2 tsps. Mineral or sea salt, or to taste

1/8 tsp. ground black pepper

½ tsp. dried marjoram (or 1 tsp. fresh chopped)

½ tsp. dried thyme (or 1 tsp. fresh chopped)

2 tablespoons chopped parsley

Cook the onions, carrots, celery and parsnips or turnips in the oil, covered, over medium to medium-low heat, for about 10 minutes.

Add the stock and bring to a boil.

Add the barley and bring to a boil again. Cover, turn down to a simmer, and cook for 45 minutes.

Add the salt, the green beans, and other seasonings, and continue cooking the soup for another 45 minutes (less time for pearl barley), or until barley is tender. Chop chard or kale into bite-size pieces and add in the last 10 minutes of cooking.

Stir in the parsley and adjust seasonings just before serving. You can thin the soup with some additional stock, if desired.

NOTE: You can add a dollop of yogurt to each serving; this is especially good for Vata constitutions.