

Split Pea Barley Soup

Ingredients:

½ cup split peas, washed

¼ cup pearl barley, does not have to be soaked but needs to be rinsed

½ cup onion, diced

¼ cup carrot, diced

¼ - ½ tsp. sea salt

soy sauce

2 Tbsp. parsley, minced for garnish

4-5 cups water

Place 4 cups of water, lentils and barley in a pot. Cover and bring to a boil. Foam will form, take a spoon and remove it from the pot. Reduce the flame to medium-low and simmer for 30 minutes. Add the onion and carrot. If the soup seems too thick, add all or part of the remaining water to the desired consistency. Cover and simmer another 5 minutes. Add the sea salt, cover and simmer 5 minutes. Taste and add a few drops of soy sauce. Cover and simmer another 5 minutes. Place in serving bowls and garnish with chopped parsley.