

Let's Talk Food Literacy

Homemade Hearty Soup

Makes 4 liters

Adapted from: pulses.org

Ingredients

Protein Foods:

- 2 cups red lentils, rinsed and drained

Vegetables:

- 1 large onion, chopped
- 1 carrot, chopped
- 1 celery stick, chopped
- 1 cup squash
- 2 garlic cloves, diced
- 1 -28oz. can diced tomatoes

Whole Grains:

- 1/3 cup dry pearl barley, rinsed and drained

Other:

- 10 cups broth
- ½ tsp salt
- ¼ tsp pepper
- 1 tsp herbs (e.g. mixed Italian, oregano, basil, thyme)
- 1 Bay leaf
- Pinch of cayenne pepper (optional)

Directions

1. Put lentils, barley and broth in large pot.
2. Bring to a boil, then reduce heat and simmer for 30 minutes.
3. Add in the vegetables and spices to the soup.
4. Bring to a boil again and simmer, stirring occasionally, for 20-30 minutes, or until vegetables are tender.
5. Remove bay leaf before serving.

Watch the how-to video! youtu.be/MsL4_jrXhmw



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Tips and Tricks:

- ⇒ **Wash hands** with soap and water before, during and after preparing food.
- ⇒ **Adapt this recipe** to your family's taste.
- ⇒ **Use canned, fresh or frozen** vegetables.
- ⇒ **Freeze this soup** and reheat for a quick meal. Label the container with the date.