

# MARSHALL HEALTH

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## Warming Winter Soup - Vegetable, Lentil and Barley

Soup is a great basic for winter - for lunch or dinner. This recipe makes a warming and substantial meal.

*Serves 4*

*10 min prep time*

*Cook 50 minutes*

*Calories per serve 242*

### Ingredients:

1 tablespoon olive oil  
1 brown onion, diced  
3 stalks celery, trimmed and sliced  
2 cloves garlic, crushed  
1 teaspoon tumeric  
6 cups good quality vegetable stock  
1/2 cup pearl barley  
1 large carrot, diced  
1/2 cup red lentils, rinsed and drained  
200g green beans, trimmed and cut into 3cm pieces  
1/2 cup coriander leaves

1. Heat olive oil in a large saucepan on med-high. Cook onion, celery and garlic for 5 minutes, until softened. Stir in tumeric and cook until fragrant
2. Add stock and barley, bring to the boil, simmer, covered, for 30 minutes
3. Stir in carrot and lentil and simmer
4. Add beans, simmer for 10 minutes until the vegetables, barley and lentils are tender
5. Serve sprinkled with coriander

Kind regards,  
Janet Marshall  
Naturopath

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