

## Lentil, Barley and Sweet Potato Soup



- ½ c. dried green lentils (or 1 cup canned)
- 2 tsp vegetable oil
- 2 cloves garlic, minced
- 2 carrots, coarsely chopped (about 1 cup)
- 2 stalks celery, chopped
- 1 medium onion, chopped
- 1½ tsp dried thyme
- 1/3 c. pearl or pot barley
- 6 c. chicken or vegetable stock (look for No Salt Added)
- 2 bay leaves
- 1 sweet potato (12 oz.), peeled and diced (2 cups)
- ¼ c. each chopped fresh dill and parsley

1. Rinse lentils, discarding any blemished or shriveled ones (if using dried); set aside.
2. In large saucepan, heat oil over medium heat; cook garlic, carrots, celery, onion and thyme, stirring often, for about 5 minutes or until softened.
3. Stir in lentils and barley; pour in stock. Add bay leaves; bring to boil. Reduce heat and simmer, covered, for 50 minutes.
4. Stir in sweet potato; cover and simmer for 20 mins or until barley and potato are tender. Discard bay leaves.
5. Stir in dill and parsley. Season with salt and pepper to taste.

***Makes 8 servings, about 1 cup each.***

*Make ahead:* Through step 4, cover and refrigerate for up to 2 days or freeze for up to 1 month. After 4 hours, soup thickens (because barley absorbs the liquid); add 2 cups more stock and reheat.

### Per serving:

Calories:	161
Protein	9 g
Total fat	3 g
Saturated	0 g
Cholesterol	0 mg
Carbohydrate	26 g
Dietary fibre	4 g
Sodium	611 mg (depends which broth you use, below 180mg if 'No Salt Added')

### Percent Daily Value

Vitamin A:	103%
Vitamin E:	8%
Vitamin C:	18%
Folate:	38%
Ca:	4% (43 mg)
Iron:	18%
Zinc:	12%

Canada's Food Guide Serving: ¼ breads, 1 vegetables, ¼ meats

*It's yummy... enjoy!*  
*Connie*