

K's Kitchen: Hearty soup for a cold spring day

By Kathryn Reed

Just when I thought soup season was gone, the temps dropped. Oh, darn.

This concoction had me cooking with two ingredients I had never used before – parsnip and barley. I have to admit I didn't even know what a parsnip looked like. It resembles a carrot, but is wider and white. It is sweeter than a carrot and is a good source for fiber.

I have some left which I will probably use in a stir fry.

Like many soups, this one got better as the days went on. The barley and lentils give it an earthy flavor. The grains also make it hearty.

A small bowl of it was filling, whereas some soups I want a large bowl to be satisfied.

The ease of making this soup is also great.



Barley-Lentil Soup

2 tsp canola oil

1 C leek, sliced

3 C vegetable broth

1 C water

1 bottle beer

1 C carrot, chopped

1 C celery, chopped

$\frac{1}{2}$ C parsnip, chopped

$\frac{1}{4}$ C fresh dill, chopped

$\frac{1}{4}$ C uncooked pearl barley

$\frac{1}{2}$ tsp black pepper

1 tsp fresh thyme

2 bay leaves

$\frac{1}{2}$ C dried lentils

$\frac{1}{2}$ tsp garlic salt

Heat oil in large saucepan over medium-high heat. Add leek to pan; sauté 2 minutes. Add broth, water and beer; bring to a boil. Add carrot and next 7 ingredients (through bay leaves); return to a boil.

Cover, reduce heat, and simmer for 15 minutes.

Stir in lentils; cover and cook 30 minutes. Discard bay leaves.

Either put $1\frac{1}{2}$ cups of mixture through blender or used emulsion blender on part of the concoction. Then add salt. Bring to boil, simmer for 10 minutes. Adjust seasoning as needed.