



Soul-Soothing Vegetable Barley Soup

½	Onion, diced
2	Ribs celery, sliced
2	Carrots, peeled cubed
½ C	Each of any other vegetables desired
2 T	Olive oil
8 C	Vegetable broth
1 C	Barley, uncooked
1 12-oz can	Red kidney beans, drained
1 12-oz can	Crushed tomatoes (or more, to taste)
1 tsp	Salt
3 cubes	Vegetable bullion, crushed
1 tsp	Onion powder
½ tsp	Basil
½ tsp	Oregano
½ tsp	Thyme
2 cloves	Garlic, crushed
2	Bay leaves

PREPARATION:

- **In a large soup pot sauté the onions, garlic, celery, carrots, and any other vegetables for 3-5 minutes.**
- **Add the vegetable broth and all other ingredients and bring to a simmer; then reduce heat to medium low.**
- **Simmer until barley is soft and somewhat fluffy.**
- **Add more liquid if desired or necessary.**