



Lentil-Barley Soup

4 tsp oil
1 leek, sliced
6 cups vegetable broth
2 bottles beer
6 carrots, chopped
3 stalks celery, chopped
½ cup celery leaves, chopped
1 parsnip, chopped
½ cup fresh dill, chopped
1 tsp black pepper
½ tsp dried thyme
½ cup pearl barley, uncooked
4 bay leaves
1 cup dried lentils
Salt

Preparation:

1. Heat oil in a Dutch oven over medium high heat. Add leek to pan; sauté 2 minutes. Add broth and beer and bring to a boil. Add carrot, celery and celery leaves, parsnip, dill, pepper, thyme, barley and 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.
2. Use an immersion blender to partially purée the soup, leaving it a bit chunky. Add salt to taste, and return to a simmer for another 15 minutes. If the soup is too thick, add additional vegetable broth.

Makes about 3 quarts of soup, so have some with some fresh bread, and put the rest in the freezer for later in the winter. We had this soup with a 2006, Domaine de la Terre Rouge, Tête à Tête, which is a Sierra Foothills region Syrah-based Rhone blend. Delicious together.

Recipe from the November 2010 issue of Cooking Light magazine. Enjoy!