



# BARLEY SOUP

Season: Spring, Summer and Fall

Recommended for: Pitta and Kapha

Servings: 4

## Ingredients

- 1 cup whole Organic Barley grain
- ½ bunch celery (6 stalks)
- 1 plum tomato (chopped)
- 1 small yellow onion (chopped)
- 1 Butternut squash or 2 zucchini (chopped)
- ½ tsp turmeric powder
- ½ tsp fresh ginger grated
- 1 oz. goat or Parmesan cheese (optional)
- ½ tsp Himalayan salt
- ¼ tsp black pepper

## Directions

Wash the barley grains until the water runs clear, add 4 cups of water in a large pot and keep boiling under a medium heat. Cook for about 30 min.

Chop the celery, tomatoes, onion, and squash/zucchini (small bite size pieces). Add the chopped veggies to the pot and continue cooking for another 20 minutes. When the veggies are softly cooked add turmeric, fresh grated ginger, black pepper, and salt. Turn off the flame after 10 more minutes of cooking.

Before serving, sprinkle cheese on top of soup if desired.

## Health benefits of barley

Adds fiber, digestive health, lowers blood sugar, weight loss.