



Beetroot, Apple & Barley Soup

In the bag:

- Onion
- Celery
- Carrot
- Garlic
- Pack of beetroot
- Stock cube/s
- Pearl barley
- Apple
- Herb bag

You'll also need:

- Sieve
- Medium sized pot
- Chopping board
- Sharp knife
- Grater (optional)
- Wooden spoon

- 1 tbs. vegetable oil
- 1L water

Method:

This soup may be served chunky or blended, depending on your preference

- Soak the **barley** in cold water and leave to stand
- Wash all of the vegetables
- Dice the **onion**, **celery** and **carrot**, finely chop or slice the **garlic**, and dice the **beetroot**
- In the pan, heat some **oil** over a medium heat and fry the **onion** gently until soft, stirring occasionally so it doesn't stick
- Add the **carrots** and **celery** and fry for another few minutes – keep stirring, then add the **garlic** and cook for another two minutes
- Sieve the **barley** and add to the pan and sprinkle in the **stock cube/s** and the **herb bag**, add the water and stir well. Bring the mixture up to a bubble before turning down to a simmer for 20 minutes
- Add the **beetroot** and grate or chop the **apple** before adding too, then bring back up to a simmer, cook for 10 minutes more
- Blend the soup if you want it smooth but remove **all five bay leaves** first

More about your Beetroot, Apple & Barley Soup

If you like your soup creamy, stir in a little soured cream, crème fraiche or plain yogurt before serving

While crisp, sharp apples may be best in this recipe, you can use any apples you like

While we've used dried herbs in this recipe, it's even more delicious with fresh parsley

Add a squeeze of lemon juice

This recipe makes enough for up to four portions

Tips for storing and reheating

- Refrigerate as soon as it cools (ideally within **90 minutes**)
- Fridge for up to **3 days**
- Freeze for up to **3 months**
- Remember to label
- When reheating make sure it's **piping hot** all the way through

#TakeAndMake
#AtLeastFiveADay
#LoveFoodHateWaste

Want to make it again? You'll need to buy:

- 80g pearl barley
- 1 medium onion
- 1 stick celery
- 1 large carrot
- 3 cloves of garlic
- Vegetable stock cube/s (2 Oxo or 2 Knorr)
- 1 tsp. parsley
- 5 bay leaves
- 1 vacuum pack of beetroot (~275g)
- 1 apple

Make it in the slow cooker?

Just put all the ingredients in the slow cooker and cook on:

- high for 4 hours or
- low for 6 hours

#SpiceNotSalt
#CookOnceEatTwice
#CommunityCooking