

Hearty Vegetable Soup

things you need

- 1 cup
barley
- 2 cans
beans, rinsed and drained
- 1
large onion, finely chopped
- 2
celery stalks, finely chopped
- 2
carrots, finely chopped
- 2
potatoes, finely chopped
- 1 tbsp
butter or margarine
- 1
can of tomatoes, chopped (keep the juice)
- 1 ½ cup
water
- ½ tsp each
oregano, thyme, salt
- ¼ tsp
pepper
- 2
zucchini, chopped (optional)
- 2 cans
reduced-sodium chicken broth

here's how

1. Combine barley and beans.
2. Heat butter in large saucepan and stir in onion, celery, carrots and potatoes. Cook until soft (about 5 minutes).
3. Coarsely chop tomatoes and stir in broth, water and seasonings. Add barley and beans. Bring to a boil.
4. Reduce to low heat, cover and simmer for 20 to 25 minutes.
5. If using zucchini, add to soup a few minutes before serving.