

# Vegetable Barley Soup

6 SERVINGS 1 HOUR



## INGREDIENTS

1 tbsp Extra Virgin Olive Oil  
1/2 Yellow Onion (chopped)  
1 Carrot (peeled, chopped)  
1 stalk Celery (chopped)  
2 1/2 cups Butternut Squash (peeled, chopped)  
2 Garlic (clove, minced)  
1 Zucchini (chopped)  
1/2 cup Pearl Barley  
1 tsp Sea Salt  
1 tsp Dried Thyme  
6 cups Vegetable Broth  
2 cups Baby Spinach

## DIRECTIONS

- 01 Heat the oil over medium-high heat in a large pot. Add the onion and cook for about 5 minutes until it begins to soften. Add the carrot, celery, squash and garlic and cook for 2 to 3 minutes more.
- 02 Add the zucchini, barley, salt and thyme. Stir to combine then add the vegetable broth. Bring to a boil then reduce heat to medium-low and cover with a lid. Let the soup simmer for 35 to 40 minutes or until the barley is tender.
- 03 Stir in the baby spinach and season with additional salt if needed.
- 04 Divide between bowls and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	135	Carbs	26g
Fat	3g	Protein	4g