

## **Barley-Kale Soup** (“366 Delicious Ways to Cook Rice, Beans and Grains” Andrea Chesman)

Yield: 6-8 servings

*Because I don't enjoy overcooked kale, I think this is one barley soup that tastes best on the day it is made.*

1Tbsp extra-virgin olive oil  
1 large onion, diced  
1 red bell pepper, diced  
2 garlic cloves, minced  
8 cups high-quality chicken or vegetable stock  
2/3 cup uncooked pearled or hulled barley  
1 medium tomato, diced  
1 Tbsp chopped fresh sage or 1 tsp dried  
salt and freshly ground black pepper, to taste  
4 cups finely chopped kale

Heat the olive oil in a large soup pot over medium heat. Add the onion, bell pepper and garlic, and sauté until the onion is limp, about 4 minutes. Add the broth, barley, tomato and sage. Bring to a boil, then reduce the heat and simmer until the barley is tender, 40-60 minutes. Season with salt and pepper to taste. Add the kale and simmer until the kale is tender, but not overcooked, 5-10 minutes. Serve at once.