

Vegetable barley soup

(Serves 4)

Promote production of acetate and propionate with this recipe rich in arabinoxylan.



Ingredients:

- 6 cups salt-reduced vegetable stock
- 1 diced brown onion
- 2 minced garlic cloves
- 1 cup pearled barley or brown rice (GF)
- 1 cup of green beans, chopped into halves
- 350g sweet potato, chopped into 1cm cubes
- 2 celery stems, chopped into 1cm cubes
- 4 medium carrots, chopped into 1cm cubes
- 400g can diced tomatoes
- 1 dried bay leaf
- ½ tsp salt
- 1 tsp mixed herbs
- ½ tsp black pepper
- 1 cup chopped fresh parsley

Method:

- Rinse barley in a colander and leave to drain.
- Add onion, green beans, sweet potato, carrots and celery to a pot and sauté for 5 minutes, stirring regularly.
- Add the mixed herbs, bay leaf, garlic, salt and pepper to the pot. Stir for 1 minute.
- Add the rinsed pearled barley or brown rice, diced tomatoes and vegetable stock. Stir to combine, then bring to a boil and simmer for 30 minutes or until barley is cooked (chewy but not hard in the middle).
- Stir in the parsley leaves.
- Ladle into bowls and serve with your favourite wholemeal bread.