

Vegetable Barley

- 2 tea veg. oil 1/4 tea pepper
 1 lb parsnips cut & peeled (2 cups)
 1 yellow turnip (1 1/4 cups)
 1 large carrot diced & 1/2 cup
 3 cloves garlic crushed
 1/2 cup quick cook barley
 2 - 10 1/2 oz cans chicken broth
 1 1/4 cups water
 1 cup frozen veg.
 1 - 14 1/2 oz tomatoes
 1 - 10 3/4 oz tomato soup

Heat oil, add parsnips, turnip
 Carrot & garlic - cook 5 mins - stirring

Add barley, chicken broth, & water. Bring
to a boil. Reduce heat to low simmer
Covered 15 mins till veg tender.

Add frozen vegs etc - simmer
10 mins covered.