

White Bean Soup with Barley. Good

- $1\frac{1}{2}$ cups white beans - ^{soak} overnight
1 tablespoon olive oil or canola
1 large onion & 2 cloves garlic
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- 3 carrots diced (I used 4 or 5) ~~4~~ 3 cups
3 stalks celery diced
2 red peppers diced (I had to use 1 green & 1 red)
 $\frac{1}{2}$ cup pearl barley
1 - 28oz diced tomatoes including juice.
8 cups Chicken, beef, or vegetable stock
or water
- $\frac{1}{2}$ tsp thyme
2 bay leaves
 $\frac{1}{2}$ tsp black pepper - $\frac{1}{2}$ cup parsley fresh
 $\frac{1}{4}$ tsp salt (I used dried)

Place beans in large bowl & cover with
cold water - sit overnight.

Cook onion & garlic for 5 mins.
add drained beans, & vegetables etc.
Bring to boil - simmer 2 hours till
beans are tender.