



Barley Minestrone

By a tavola Magazine

Ingredients:

7 ounces pearl barley
1 bouillon cube (beef or chicken)
5 tablespoons extra-virgin olive oil
1 medium onion, chopped
½ cup parsley, finely chopped, divided
1 tablespoon rosemary, finely chopped
1 tablespoon marjoram, finely chopped
1 ham bone, with some meat on it
2 potatoes, peeled and cut into wedges
1 carrot, peeled and sliced into thin disks
Salt and freshly ground pepper
Parmigiano-Reggiano, grated

Directions:

Soak the barley for about 30 minutes. Put it in a pot with 8 cups of cold water and the bouillon cube; bring to a boil, then simmer for 1 hour.

Meanwhile, heat oil, add onion, ¼ cup of the parsley, the rosemary and marjoram. Sauté until onion is golden. Add this mixture to the barley along with the ham bone, the potatoes and the carrot. Season with salt and pepper, and cook for about 40 minutes. Remove the bone, cut off any remaining meat, and add it to the soup. Serve immediately, garnished with remaining parsley and grated Parmigiano to taste. Serves 4.

The Balanced Body Center

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