



Winter Vegetable Soup With Barley

Chock full of vegetables and barley, this soup gets a nice flavor from the addition of Parmesan rinds during cooking, plus the fresh herbs at the end. You can cut the rind off a hunk of Parmigiano-Reggiano cheese or check out your cheese department, which sometimes sells the rinds together in a container. If Parmesan rinds are unavailable, you can substitute a quart of chicken broth for the water to help flavor the soup. If you have basil pesto, you can add a dollop of that into each soup bowl instead of chopping the parsley and basil. Freeze any leftovers.

From "Soups + Sides" by Catherine Walters, Lake Isle Press, 2010

INGREDIENTS

- 1 large onion, diced
- 2 tablespoons extra-virgin olive oil
- 1 large or 2 small whole leeks (use all but tough green parts), trimmed, cut in half lengthwise, rinsed, and thinly sliced (about 2 cups)
- 2 cloves garlic, finely minced
- 4 medium carrots, peeled and diced (about 1 ½ cups)
- 2 medium stalks celery, trimmed and diced (about 1 cup)
- 2 cups thinly shredded Savoy cabbage (optional)
- 10 cups water, plus more if needed
- ½ cup pearl barley, rinsed
- 2 medium Parmigiano-Reggiano cheese rinds
- 2 teaspoons dried oregano
- 2 to 3 teaspoons kosher salt
- 1 medium zucchini, trimmed and diced (about 2 cups)
- 1 cup ½-inch pieces green beans
- 1 (28-ounce) can diced tomatoes, with juices
- ½ cup minced fresh parsley
- ½ cup chopped fresh basil
- Grated Parmigiano-Reggiano cheese, to taste

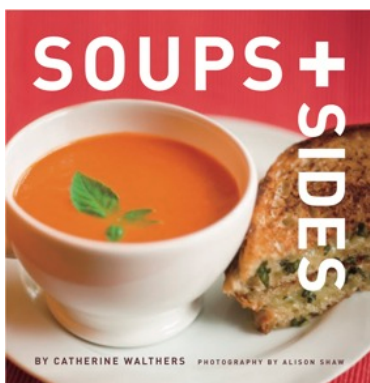
Serves 10

PREPARATION

1. In a soup pot over medium heat, sauté the onion in olive oil until golden and soft, 8 to 10 minutes. Add the leeks and garlic and sauté a few minutes more. Add the carrots, celery, cabbage, water, barley, Parmesan rinds, oregano, and salt and bring to a boil. Reduce heat to medium-low and simmer, partially covered, stirring occasionally, for 25 minutes.
2. Add the zucchini, green beans, and tomatoes and juices; bring to a simmer again and continue cooking on medium-low until the barley is tender, about 20 minutes more.
3. Remove the Parmesan rinds and discard. Adjust the seasonings, adding more salt if necessary. Add the fresh herbs. Ladle soup into bowls, and add a spoonful of Parmesan cheese.



Dara O'Brien



Soups + Sides | by Catherine Walters | Lake Isle Press 2010

"People are returning to real foods, locally grown—encouraging cooking that reflects ingredients in season."
—Catherine Walters

A companion to Walters's popular "Raising the Salad Bar," this handy cookbook is an expertly compiled collection of playful yet elegant recipes for soups that are made with fresh ingredients and are just right for any meal or occasion. Whether you mix and match your favorite soups and sides or enjoy them separately, it will dare you to think beyond the every day and pull you out of your soup slump.

Find out more: <https://www.lakeislepress.com/books/soups-and-sides>
Buy the book: <https://www.amazon.com/gp/product/1891105337/>