



BARLEY, BEANS AND GREENS SOUP

The greens can be spinach, chard, bak choy, kale, collards, beet tops, etc.

1 cup diced onion
1 cup thin-sliced carrot
¼ cup olive oil
3 cups chopped greens
13 oz can chopped tomatoes
2 cups cooked beans
½ cup pearl barley
4 cups water or stock
Salt and pepper to taste

In a soup pot, sauté onion and carrots in oil until onions are soft. Add greens and turn them until they wilt. Add tomatoes, beans, barley, water or stock, salt and pepper. Simmer about 40 minutes. Serve hot. This soup can be made a day ahead, or kept for several days in the refrigerator.

Thanks to Barbara Shaw for this recipe from her book "[Local Pleasures: Northwest Seasonal Cooking](#)"