

4

SERVINGS



La Tablée des Chefs

# Barley and Pea Soup

## Ingredients

- 🏠 A drizzle of oil
- 👑 1 small onion, chopped
- 👑 1 carrot, diced
- 👑 2 cloves of garlic, chopped
- 👑 1 cup (250 ml or 210 g) split yellow peas
- 👑 ½ cup (125 ml or 105 g) pearl barley
- 👑 1 tsp (5 ml or 1.75 g) curry powder
- 👑 ½ tsp (2.5 ml or 1 g) Provence herbs
- 👑 2 cubes (20 g) chicken broth concentrate\*
- 🏠 6 cups (1.5 L) water
- 🏠 Salt and pepper, to taste

## SUGGESTED ALTERNATIVES

\*BROTH CUBE → powdered broth, liquid concentrate or homemade broth

## Preparation

- 1 Heat oil in a large saucepan over medium heat.
- 2 Add the onions and sweat for a few minutes.
- 3 Add the carrots and garlic and continue cooking for 2 minutes.
- 4 Add the rest of the ingredients and bring to a boil.
- 5 Cover and reduce heat to medium low.
- 6 Simmer for 45 minutes or until cooked.
- 7 Taste and adjust seasoning, if necessary.

## YOU WILL NEED

- ★ chef's knife
- ★ cutting board
- ★ saucepan (large)
- ★ set of measuring cups
- ★ set of measuring spoons
- ★ wooden spoon

**BONUS** → Add cubed ham or sausage in step 4 for more flavor.