



# Barley and Pea Soup

**The purpose of this workshop is to give back to our community. The challenge is to make 250 packs of soup in each Kitchen Brigades school outside Quebec!**

## Ingredients for 1 pack of soup

- ½ cup (125 ml or 105 g) pearly barley
- 1 cup (250 ml or 210 g) split yellow peas
- 2 tbsp (30 ml or 20 g) chicken broth powder
- 1 tsp (5 ml or 1,75 g) curry powder
- ½ tsp (2.5 ml or 1 g) Herbes de Provence
- ½ tsp (2.5 ml or 1 g) onion powder
- ¼ tsp (1.25 ml or 0.5 g) ground pepper
- 6 cups (1.5 L) water

## YOU WILL NEED

- different size bowls
- set of measuring cups
- soup poaches
- set of measuring spoons
- self-adhesive labels

## Preparation

- 1 Place all dry ingredients in a large saucepan. Add water and bring to a boil.
- 2 Simmer, over medium-low heat, covered, for about 45 minutes or until barley and peas are tender.
- 3 Adjust seasoning, if necessary.



**CHEF'S TIP:** Personalize your soup by adding a vegetable of your choice.