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) pearled 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.