

**USE  
IT UP™**

**LIKE YOUR  
GRANNY!**



**SAFTA HELEN'S  
BARLEY SOUP**





# SAFTA HELEN'S BARLEY SOUP

A Recipe by Helen Mizrachi



Prep time



Cook time



Serves



## NEED

Any vegetables you have. Helen uses:

1 leek,  
1 parsnip,  
1 celery,  
1 carrot,  
1 potato

5 mushrooms  
and 1/4 cauliflower

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1 cup barley  
(rinsed)

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3 garlic cloves

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3 tbsp oil

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2 cups vege stock

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Salt and pepper  
to taste

Safta Helen shares her family recipe for a traditional barley soup that's perfect for using up any sad-looking vegetables!

## HOW

1. Chop all vegetables into large chunks.
2. Heat oil in a large saucepan over medium heat and cook garlic and celery, stirring until softened.
3. Add the remaining chopped vegetables into the pot and sauté for 5 minutes.
4. Add mushrooms, stock and barley. Bring to a boil and cook on medium-high for 25 minutes.
5. Season with salt and pepper and serve!



**SAVE FOOD.  
SAVE MONEY.  
SAVE THE PLANET.**