

Sip, Slurp and Savour ...

Christine's Vegan Kitchen Tomato Barley with Smoked Paprika

Ingredients

- ½ cup barley, washed and drained
- 1 tbsp vegetable oil
- 1 cup onion, diced
- ½ cup celery, finely diced
- 1 large sweet potato, diced
- 6 cups vegetable stock
- 1 small can tomato paste
- 2 cups diced tomatoes, fresh or canned
- 2 bay leaves
- 1½ tsp smoked paprika



Directions

Cook barley in two cups of water for about 30 minutes and set aside, but do not drain.

Heat oil and sauté onion, celery and sweet potato until onion is translucent and celery and potato are softened.

Add all other ingredients, including the pre-cooked undrained barley and simmer 35 to 40 minutes or until the sweet potato is cooked.

Remove bay leaves before serving.

Smoked paprika is made from smoked ground pimiento peppers. It's commonly used in Spanish cooking and completely unlike the dull orangy stuff that many of us remember sprinkled on devilled eggs. I use the sweet type, but there are hot varieties too. The barley in the broth adds texture to create a soup that makes a meal.

If it's tomato season, do use some fresh heirloom varieties if you can get them. It makes this delicious soup even better!

This recipe yields 6 to 8 servings

Recipe Courtesy of Christine Renaud of Christine's Vegan Kitchen

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