



Nourishing Barley Soup (L)

Serving: 1

Veg

Ingredients

- **Ingredients:**
- -1 tbsp barley (jau) , soaked for 2 hours and drained
- - $\frac{1}{2}$ tsp oil
- - $\frac{1}{2}$ tsp finely chopped garlic (lehsun)
- -1 tbsp finely chopped spring onions whites
- -1 tbsp finely chopped carrots
- -1 tbsp whole masoor (whole red lentil) , washed and drained
- - salt to taste
- -1 tbsp finely chopped tomatoes
- -1 tbsp finely chopped spring onion greens
- -1 tbsp finely chopped coriander (dhania)
- -freshly ground black pepper (kalimirch) to taste

Preparation Method

- 1. Heat the oil in a pressure cooker, add the garlic and spring onion whites and sauté on a medium flame for a few seconds.
- 2. Add the carrots, masoor, barley, salt and $4\frac{1}{2}$ cups of water, mix well and pressure cook for 3 to 4 whistles.
- 3. Allow the steam to escape before opening the lid.
- 4. Transfer the barley-masoor mixture in a deep non-stick pan, add the tomatoes, spring onion greens, coriander, a little salt and pepper and mix well.
- 5. Bring to a boil and cook on a medium flame for 1 to 2 minutes, while stirring occasionally.
- 6. Serve hot.