



LEEK & BARLEY SOUP

Ingredients:

- 4 leeks, sliced
- 50g pearl barley
- Tablespoon oil
- 1 small onion
- 2 carrots, sliced
- 1 can tomatoes
- 600ml vegetable stock
- ½ tsp dried mixed herbs
- 1 bay leaf
- 1 can butter beans

Method:

1. Heat the oil, add onion, leeks and carrots and fry gently for 3-4 minutes
2. Add tin of tomatoes, stock, barley, herbs and bay leaf and bring to boil
3. Lower heat and simmer for 50 minutes
4. Remove bay leaf and stir in beans
5. Serve



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