

Desert Soup of St. Antony

Lady Kirsten Munro

1 Cup Barley
1 Carrot, Finely Grated
2 Leeks, Sliced
1 Bay Leaf
1/3 Cup Fresh Parsley, Minced
3 Tbls Oil
Salt to Taste
7 Cups Water
1 Bouillon Cube and Chopped Mushrooms, if Desired

Heat the oil in a soup pan and add the barley, stirring continuously for one minute. Immediately add the carrot, leeks, bay leaf, parsley, salt and 7 cups water. Cook the soup over low/medium heat for 40 to 45 minutes until the barley is tender. Add more water if needed. For extra taste, add the bouillon and the mushrooms during the last 20 minutes of simmering. Serve hot.