

Split Pea, Barley and Potato Soup

In a Slow Cooker

This recipe is a delicious and hearty winter staple. Loaded with protein, fiber, antioxidants and vitamins it can be frozen for a quick meal.

Ingredients:

- 1 onion, chopped
- 2 bay leaves
- 4+ cloves garlic, minced
- 2 cups dried split peas
- 1 cup barley
- 1 1/2 teaspoons salt
- 9 1/2 - 10 cups veg broth or water (can use low-sodium broth)
- 3 carrots, diced
- 3 stalks celery, diced
- 3 potatoes, diced
- 1/2 cup chopped parsley or (2) teaspoons of dried parsley
- 1 1/2 teaspoons dried basil
- 1 1/2 teaspoons dried thyme
- 1 teaspoon ground black pepper
- 2 tablespoons butter (can omit to make soup vegan)

Directions:

1. Put all ingredients except butter into the slow cooker at the same time.
2. Add vegetable broth or water.
3. Cook on high for 4.5-5 hours.
4. Stir in butter during the last 30 minutes.

If soup is too thick, add more broth when reheating it.
Tastes even better reheated.