

## Barley and Vegetable Soup – Miso Enriched

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**Who?**

This recipe is brought to you by Nikki Martin, personal trainer and nutritional advisor.

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**Ingredients**

½ cup pearl barley  
2 bay leaves  
2 litres boiling water  
2 Tbsp olive oil  
1 tsp hing/asafetida  
Freshly ground black pepper  
1½ tsp salt  
1 cup each of grated carrot, beetroot and parsnip  
1 stick celery, sliced  
2 cups cabbage, chopped  
4 Tbsp Braggs Aminos or Tamari  
1 Tbsp sesame seed oil  
2 Tbsp miso, light-coloured such as Aka or Shiro  
Handful fresh coriander or parsley, chopped

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**Method**

Rinse barley and place in soup pot with water and bay leaves. Bring to boil, then reduce to simmer until barley is tender.

Add olive oil, hing, pepper, salt, grated vegetables and celery to barley and cook a further 10 minutes.

Add cabbage, Braggs or Tamari and sesame oil, and continue to cook until cabbage is tender.

Mix miso to a paste with 2 Tbsp of water, then add to soup with coriander.

Blend to serve.

Do not re-boil.

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