

Chunky Bean and Silverbeet Soup



A perfect winter warmer. This immune boosting soup is packed with vitamins to keep you feeling energised in the cooler months.

Ingredients

- 1 tbsp extra virgin olive oil
- 1 large brown onion, chopped
- 2 cloves garlic, minced
- 1/2 cup barley
- 2 cups sliced swiss mushrooms
- 1/2 cup carrot, sliced
- 1 can butter beans, drained
- 2 bay leaves
- 1 tsp cumin
- 1/2 tsp turmeric
- 1 tsp salt
- 1/2 tsp ground black pepper

1 L vegetable broth or reduced-salt chicken stock

1/4 cup silverbeet

1/2 cup quick oats

2 tbsp lemon juice or more

Method:

1. Heat the olive oil, onion and garlic in a large pot or a deep saucepan over medium heat for 3-4 mins until it softens. Add barley, bay leaves, carrot, mushrooms and spices. Saute for another 5-6 minutes.
2. Add broth/stock and bring it to a boil, then turn to low heat and simmer for 40 - 60 mins. Add silverbeet and oats and continue to simmer for another 10 mins.
3. Discard the bay leaves, stir in lemon juice and add salt and pepper to finish.