

Lentil Soup

1 ¼ cup dry Lentils
1/3cup Pearl Barley (usually found in the soup section)
4 cups water
1 Tbs. Olive oil
1 Tbs. unsalted Butter
1 medium Onion, peeled and chopped into small pieces
2 stalks Celery, chopped into small pieces
2 medium Carrots, peeled and chopped into small pieces
1 large clove Garlic, peeled and minced
¼ cup fresh Parsley, chopped (or 2 Tbs. dried)
1 tsp. dried Basil
4 Chicken bouillon cubes (1 cube for 8oz. water)
8 oz. Beer
1 ½ Tbs. Soy sauce, low-salt
2 Bay leaves
2 (15 oz.) cans Chicken broth, low salt
4-5 Knackwurst sausages (optional)

Wash lentils in colander and check for stones. Combine with barley and water in a medium stockpot. Bring to a boil, reduce heat, cover and simmer for 30-40 min.

Meanwhile, heat oil and butter in a frying pan over medium heat. Add carrots, celery and garlic and sauté about 5-6 minutes until onions are soft. Add parsley and basil and cook another minute or so.

When peas and barley have cooked, transfer them (including any liquid) to a crockpot. Add sautéed vegetable mixture, chicken broth, bouillon, beer, soy sauce, bay leaves and chicken broth. Stir mixture and cook on low for 5-6 hours.

If you would like to add a bit of meat, twenty minutes before ready to serve, slice sausage and quarter. Add meat to the soup.

Serve with hearty bread.