

Makes 6 servings  
Total time: 55 minutes

# Vegetable Barley Soup



**Jersey City  
Medical Center**

**RWJBarnabas  
HEALTH**

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## Ingredients

- 1 yellow onion
- 2 cloves garlic
- 2 tablespoons olive oil
- 2, 15 oz. cans mixed vegetables
- 1, 28 oz. can diced tomatoes
- 1 cup uncooked barley
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- Black pepper
- 6 cups vegetable broth
- 1 tbsps. lemon juice

## Directions

1. Dice the onion and mince the garlic. Add onion, garlic, and olive oil to a large soup pot and sauté over medium heat for about 5 minutes.
2. Once the onions are soft, add mixed vegetables along with the diced tomatoes (with juices), barley, basil, oregano, pepper, and vegetable broth.
3. Stir and bring to a boil. Cover and lower heat to simmer for 30 minutes, stirring occasionally.
4. Add additional vegetables or beans as desired.
5. Finally, add the lemon juice and stir to combine.