



SPICY BEAN, BARLEY & VEGGIE SOUP



Tags: [Fall](#), [Kapha](#), [Pitta](#), [Spring](#), [Vata](#), [Winter](#)

Prep Time: 30 Min

Cook Time: 35 Min

Serves: 4

Directions:

1. In a large bowl, soak the lentils, beans, and barley for at least 30 minutes while prepping the meal.
2. In a large stockpot heat the sunflower oil over medium heat. Add garlic and ginger and saute until fragrant.
3. Stir in the chickpea flour, 2 TSP of the spice mixture, water, and stock cube.
4. Drain and rinse the legumes and barley. Add them to the pot with the veggies and bay leaves.



Raise the heat and bring to a simmer, partially covered for 30 minutes.

5. Stir in the parsley, pepper, and salt and simmer for 5 minutes more.

Ladle the soup in bowls and serve!

Ingredients:

1 Tbsp. sunflower oil
2 garlic cloves, finely chopped
1 Tbsp. finely chopped ginger root
2 Tbsp. chickpea flour
8 cups water
1 veggie stock cube
1 1/2 cups of butter/lima beans
1 cup of red lentils
1 cup of barley
1 cup chopped asparagus
2 cups chopped green beans
A handful of brussels sprouts cut in half
2 cups baby spinach or kale
4 bay leaves
2 Tbsp. chopped parsley
1/2 tsp. black pepper
Pinch of sea salt

Spice mixture

1 tsp. coriander powder
1/2 tsp. cumin powder
1/2 tsp. fenugreek seed powder
1 tsp. turmeric
1 tsp. cinnamon
1 tsp. dried or fresh chopped sage leaves
1/2 tsp. clove powder



This is a great soup for the winter and is balancing for all doshas. Feel free to change the veggies to any doshic appropriate veggies you like!