

## Tomato, red lentil, and barley soup

Serves 4

1 tsp cumin seeds  
1 tsp coriander seeds  
1 tbsp olive oil  
1/4 tsp ground turmeric  
2 tsp fresh ginger root, grated  
1 celery stick, diced  
150g (5 1/2oz) swede, finely diced  
150g (5 1/2oz) celeriac, finely diced  
1 large carrot, diced  
3 large vine-ripened tomatoes, skinned and chopped

salt and freshly ground black pepper  
2 sprigs rosemary  
2 bay leaves  
1 litre (1 3/4 pints) hot vegetable stock or hot water  
60g (2oz) pearl barley, rinsed  
115g (4oz) red lentils, rinsed and soaked in water for about 30 minutes  
2-3 tbsp fresh parsley, rough chopped, to serve

1. Heat a small frying pan over medium heat, add the cumin and coriander seeds and dry fry for 1 minute or until fragrant. Tip into a mortar and pestle and grind to a powder. Heat the olive oil in a large saucepan, add the ground spices, turmeric, and ginger and fry for 1-2 minutes.
2. Add the celery, swede, celeriac, and carrots and fry, stirring frequently, for 4-5 minutes. Add the tomatoes and cook for 2-3 minutes.
3. Rinse the pot barley in lots of cold running water, add to the pot with the rosemary, bay leaves, and hot stock or water, stir well, and bring to the boil. Reduce the heat to medium, and cook for 20 minutes.
4. Drain the soaked lentils and add them to the pot. Stir, bring back to the boil, then reduce the heat and simmer for 25 minutes or until the lentils are tender. Add a little more hot stock or water if the soup is too thick.
5. Remove the bay leaves and rosemary sprigs, scatter with chopped parsley, and serve hot.

Totally delicious and you can put whatever veg in you like. I have also used parsnip. I have also used pearled spelt rather than barley.