



Vegetable Hot Pot with Barley

Preparation time: 10 minutes

Cooking time: 60 minutes

Serves: 6

Ingredients:

- 1 large turnip, peeled and diced
- 1 large parsnip, peeled and diced
- 2 carrots, peeled and diced
- 2 leeks, washed and sliced
- 1/4 medium cabbage, washed and sliced
- 1 onion, chopped
- 2 tablespoons tomato paste
- 75 g pearl barley, soaked in water overnight and drained
- 1 teaspoon fresh thyme, (or 1/2 teaspoon dried thyme)
- 5 cups vegetable or chicken stock
- Pepper to taste

Method:

1. Put all the ingredients except the pepper into a large saucepan using enough stock so that the vegetables and barley are just covered.
2. Bring to the boil, cover and simmer over a low heat for about 1 hour (or until the barley is tender).

Note: To serve, sprinkle with chopped parsley and your favourite bread rolls for a warming winter lunch.

Nutritional Analysis per serve:

energy 566kj (135cals), protein 10.2g, carbohydrate 19.7g, fibre 5.8g, fat 1.5g cholesterol >1mg, sodium 1020mg