

Winter Vegetable and Barley Stew



Ingredients:

1 onion
1 carrot
1 celery stalk
1 leek, peeled and washed
1 small swede or sweet potato or turnip
1 parsnip
100g pearl barley
parmesan rind or grated
parsley (to serve)

Method:

1. Peel and dice the onion
2. Scrub the carrot and celery and dice them
3. Heat oil and soften the vegetables a little bit.
4. Slice the leek, dice the root vegetables and add to the pot.
5. Add 570 ml stock and then the pearl barley.
6. If you have some now add the Parmesan rinds
7. Bring to a simmer and cook for approx 40 mins, until the veg and barley are soft.

Serve with chopped parsley and if you haven't used your rinds, grated Parmesan.