

INSTANT POT WINTER VEGETABLE BARLEY SOUP

6 servings

A mildly spicy soup, you can omit the crushed red pepper and reduce the amount of black pepper to 1/4 teaspoon for a milder meal. Choose *ingredients in italics* for a vegan soup. Need Gluten-Free? Substitute brown rice for the barley.

- 2 cups carrots, peeled, cut into 1/2-inch slices at an angle
 - 2 stalks celery, diced
 - 1/2 large onion, diced
 - 3 cloves garlic, minced
 - 2 small parsnips, trimmed, peeled, and diced
 - Small turnip, trimmed, peeled, and diced
 - Small fennel bulb, trimmed, cored, diced
 - 3/4 cup uncooked rinsed pearl barley (not quick-cooking)
 - 3/4 teaspoon kosher salt
 - 1/2 teaspoon fresh ground pepper
 - 1/8 teaspoon crushed red pepper
 - 1 tablespoon Herbes de Provence -can sub a mixture of dried thyme and basil
 - Bay leaf
 - 15-ounce can chopped tomatoes
 - 2 cups *vegetable, mushroom, or chicken* broth
 - 1 cup dry white wine - can substitute water
 - 1 cup water
 - *Chopped fresh parsley* and/or 2 ounces Parmigiano-Reggiano cheese, grated
1. Place all ingredients in INSTANT POT **except garnishes:** *fresh parsley and Parmigiano-Reggiano*.
 2. Secure lid and close the **PRESSURE-RELEASE VALVE**. Select **MANUAL** and set for 30 minutes, pressure cooking. It may take several minutes to come up to pressure before beginning to pressure cook.
 3. When cooking is completed, let sit cooling (continuing to cook slowly) to use **NATURAL RELEASE** to depressurize—may take 20 minutes or more. Open the **PRESSURE-RELEASE VALVE** using a long-handled wooden spoon and allow steam to release. Press **CANCEL/WARM***. Open lid carefully.
 4. Taste and adjust seasonings. Serve hot garnished with *parsley* and/or cheese. Whoever gets the bay leaf does the dishes.

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Cook's Notes: 183 calories per serving. 7 g fiber. 5 g protein. 35 g carbohydrates. More complete nutritional analysis at bottom of post courtesy fitness pal dot com. Need some meat? Stir in leftover cooked diced chicken, salmon, pork tenderloin, or ground beef after the soup is done. Have a sandwich on the side should you be near famished or boast a big appetite.

Stovetop Directions below include the additional ingredient of olive oil. Directions are in a different order than above.

To an 8-quart soup pot, add the **2 tablespoons olive oil**; heat for 1 minute over medium flame. Tip in the first seven ingredients (carrots - fennel), plus the herbs and spices (salt, pepper, crushed red pepper, Herbes de Provence, and bay leaf) and cook, stirring, for 10 minutes until vegetables are softening. Pour in the liquids (broth, wine, water, tomatoes). Bring to a boil, reduce heat to a good simmer, and add barley. Let simmer about 45 minutes or until barley and all vegetables are tender, adding more water if soup becomes too thick as it cooks; it should remain lightly brothy. Taste and adjust seasonings. Serve hot with parsley and/or cheese.

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