

Crockpot Vegetable Barley Soup

Adapted from Linda Larsen's recipe online

Cook Time: 8 hours

Ingredients:

- 1 cup medium pearl barley
- 2 bay leaves
- 1/2 teaspoon dried basil
- 1/4 teaspoon crushed fennel seed
- 1 pound carrots, sliced
- 1 large onion, chopped
- 4 stalks celery, sliced
- 3 garlic cloves, minced
- 1 large potato, peeled and chopped
- 2 cups frozen corn
- 2 cups frozen green beans
- 2 medium zucchini, quartered lengthwise and sliced
- 1/4 teaspoon salt
- 1/4 teaspoon pepper (optional)
- 1 (32 ounce) box vegetable broth
- 3 cups water
- 2 (14 ounce cans) petite diced tomatoes with herbs, undrained



Preparation:

Place all ingredients except tomatoes in a 7 quart crockpot in the order given. Do not stir. Cover crockpot and cook on low for 6-8 hours. Stir soup and add tomatoes. Add additional salt or basil if needed. Remove bay leaves before serving.

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