



Makes 6½ cups
Cook Time: 1 hours

INGREDIENTS:

3 cups low sodium vegetable stock

½ (14.5-ounce) can low-sodium diced tomatoes, with liquid

¼ cup green lentils, uncooked

¼ cup barley, uncooked

1 small onion, cut into ¼-inch dice (1 cup)

1½ cloves fresh garlic, minced (¾ teaspoon)

1 celery stalk, cut into ½-inch dice (½ cup)

1 medium carrot, sliced (½ cup)

1 small zucchini, sliced (⅔ cup)

2 small, thin-skinned potatoes, such as Yukon gold or red, cut into ½-inch dice (2 cups)

½ cup sliced mushrooms

¼ teaspoon black pepper

¼ teaspoon paprika

½ teaspoon dried thyme

½ teaspoon dried oregano

¼ teaspoon dried mustard

3 slices whole grain bread

½ tablespoon lemon juice

2 tablespoons chopped fresh herbs (e.g., parsley, chives, basil)

Sea salt (optional)

Vegetable Stone Soup

This comforting vegan vegetable soup recipe was inspired by the old folktale Stone Soup, a story of hungry travelers who teach an entire village to share. Denied food by the villagers, the travelers set about making a large pot of soup with just stones and water, which they invite the locals to share. Curious villagers begin making small contributions to the soup—an onion, a potato, some barley—until they’ve created a large, wonderful meal for all to enjoy.

Not just a lesson in sharing, the story highlights how a few rustic ingredients from the garden can nourish mind, body, and soul. After all, is there anything quite as good as a hearty, vegetable-based soup? Pair it with a salad and some whole grain bread, and you have a satisfying meal packed with nutrients.

From SharonPalmer.com

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- 1 In a large pot, stir together stock and tomatoes.
- 2 Add lentils, barley, onion, garlic, celery, carrot, zucchini, potatoes, mushrooms, pepper, paprika, thyme, oregano, and mustard. Stir well, and cover pot with a tight-fitting lid. Bring to a boil and reduce heat to medium and cook for 40 to 45 minutes, until barley and lentils are tender, stirring occasionally. Replace any water lost to evaporation (should make a thick, hearty texture).
- 3 Toast the bread in the oven or toaster until brown and very crisp. Slice into small cubes to make croutons.
- 4 Add lemon juice and fresh herbs to the soup, and season lightly with salt, if desired.
- 5 Serve soup garnished with whole grain croutons (about ½ slice of toast per serving).