

Persian Split Pea and Barley Stew

Ingredients

- 1/2 cup pearl barley
- 4 garlic cloves, minced
- 1 bay leaf
- 4 cups water
- 1 cup split peas
- 1/2 tsp cinnamon
- 1/2 yellow onion, chopped
- 2 carrots, peeled and cut into 1" chunks
- 1 large russet potato, peeled and cut into 1" chunks
- 1 1/2 tsp salt
- 1 tsp ground cardamon
- 1 pinch cayenne (optional)
- 2 cups vegetable broth
- 1 28 oz can diced tomatoes
- 1/4 cup chopped parsley.
- juice of 1 lemon

Directions

Add barley, garlic, bay leaf and water to a large pot and bring to a boil over high heat. Cover, reduce heat to low and simmer for 15 minutes. Add the split peas and cinnamon, return to a boil and then simmer, covered, for another 45 minutes.

Meanwhile, put the onion, carrots, potatoes, salt, cayenne (if using) and vegetable broth in a medium pot and bring to a boil over high heat. Cover, reduce heat to low and simmer for 10 minutes. Add the tomatoes, return to a boil and simmer for another 10 minutes.

Add the vegetable soup to the pot with the barley and split peas and mix very well. Taste and adjust seasoning. Add the parsley and the lemon juice and serve.