

Beautiful and delicious meals can come from even the strangest looking produce – This soup uses organic vegetables which often have a less uniform look than their non-organic counterparts. Remember, funny looking produce deserves to be eaten, too! Buy imperfect produce, and support grocers who sell them.



**TOO GOOD  
TO WASTE  
Feast**

## Chef John Howie's "Ugly" Organic Vegetable Barley Soup with Herbs

### Ingredients

### 6 Bowls

• Olive Oil	1 Tbsp.
• Garlic – minced	1 ½ tsp.
• Onion – sweet, diced ¼"	½ cup
• Celery – sliced ¼"	½ cup
• Carrots – quartered, sliced ¼"	¾ cup
• Green Beans – fresh, cut 1"	½ cup
• Corn – fresh, kernels	½ cup
• Heirloom Tomato – diced ½" assorted colors	¾ cup
• Zucchini or Yellow Zucchini – cut in half, sliced ½	½ cup
• Peas (whole), Snow Peas or Sugar Snap Peas – cut	½ cup
• Barley	¼ lb. (dry wt.)
• V-8, Vegetable Juice	2 cups
• Vegetable Stock	2 quarts
• Bay Leaves – whole	1 each
• Salt – kosher	1 Tbsp.
• Black Pepper – coarse, ground	1 tsp.
• Tabasco – green	¾ tsp.
• Basil – fresh, chopped	2 Tbsp.
• Thyme – leaves only, fresh, chopped	2 tsp.
• Italian Parsley – fresh, chopped	2 Tbsp.
• Celery Leaves – fresh, chopped	2 Tbsp.
• GARNISH: Basil – julienne sliced, 1/16" x ½"	3 Tbsp. + 1 Tbsp.

### Vegetable Herb And Barley Soup Base Procedures:

1. Place the barley in a stainless steel pan and cover with vegetable stock. Set aside for 4 hours.
2. In a large stock pot sauté the onions, garlic, and celery in olive oil over medium heat.
3. Add the remaining vegetable stock and V-8 juice. Heat to a slow boil.
4. Add the bay leaves and stock soaked barley. Bring to a simmer, cover and cook for 30 minutes.
5. Add the salt, pepper, and Tabasco and stir gently. Add the remaining vegetables, simmer for 10 minutes. Vegetable broth may be added to thin the soup if it becomes too thick
6. Add the fresh herbs (except for garnish basil) and celery leaves.
7. Remove from the heat, top with additional basil, and serve.

*(If not serving immediately, this soup can be cooled and held refrigerated until needed).*

### Re-Heating Procedures:

Reheat the soup base to 165°. Portion the soup into a cup or bowl, top with the basil.

