

Navy Bean and Barley Soup with Sausage and Kale



This is a very hearty soup, especially during the cold weather that we are experiencing. Yes, even here in Southern California, as a matter of fact, this week we are expecting cold weather with possibility of rain. This soup is a complete meal and it is very comforting. I use the pressure cooker to cook the beans and barley after soaking them overnight. Therefore, the cooking time is very short, making it very simple and a great weekday dinner.

Ingredients:

- 1 $\frac{1}{2}$ cup navy bean
- $\frac{1}{2}$ cup barley
- 1 bay leave

$\frac{1}{2}$ tablespoon olive oil

1 can low sodium, low fat chicken broth

$\frac{1}{2}$ tablespoon olive oil

1 small onion chopped

3 stalks celery

3 medium carrots

2 large Kielbasa smoked sausage

Kale to taste

Sal and pepper to taste





Method:

Wash and soak the navy bean and barley in water overnight. Place the navy bean and barley in the pressure cooker with 3 to 4 cups of water, bay leave and $\frac{1}{2}$ tablespoon olive oil. Cook in high heat until the pressure starts, then turn to low and let it cook for 10 minutes.

In the meantime, sauté the onion with $\frac{1}{2}$ tablespoon olive oil, add the sausage, the carrot and then the celery.

Add the sausage with the celery and carrot to the cooked navy bean, add chicken broth, salt and pepper to taste, cook for another 2 to 3 minutes.

Add the kale and let it cook for 1 minute. Remove from the heat and serve hot.





Curiosity Corner

Did you know that barley has high content of fiber? The soluble fiber from barley reduces coronary heart disease and the risk of type 2 diabetes as well as colon cancer.

Thank you for visiting Simple Recipes...have a colorful week!