



FUSTINI'S[®]

Barley Vegetable Soup

Ingredients

- 4 tablespoons [Fustini's Medium SELECT olive oil](#)
- 1 medium onion, chopped
- 1 garlic cloves, minced
- 3 medium carrots, chopped
- 1 zucchini chopped
- 1 squash, chopped
- 1 cup fresh corn
- 1/2 cup fresh green beans
- 1 head Savoy cabbage, cored, seeded, chopped
- 2 large ripe tomatoes, cored, seeded, chopped
- 2 quarts vegetable broth, or more as needed
- 2 sprigs of fresh thyme
- 1 tablespoon [Fustini's Thyme balsamic](#)
- 1/2 cup quick-cooking barley
- 1 bunch fresh chives, chopped fine for garnish

Sharon's Hint

Feel free to substitute farro or quinoa if barley is not available. Photo made with ditalini pasta.

Directions

Step 1.

Heat Fustini's olive oil in Dutch oven or stockpot until hot but not smoking. Add onion and sauté until translucent. Add carrots and sauté 2 minutes. Add zucchini, squash, corn, green beans and cabbage and sauté, stirring over medium heat until just starting to brown.

Step 2.

Stir in tomatoes, broth and thyme. Bring to a boil, then lower heat and simmer about 30 minutes. Add barley and cook about 10-15 minutes longer. Add more broth as needed. Remove thyme stems and stir in balsamic. Serve in deep, rimmed soup bowls, garnish with chopped chives.