Lentil & Vegetable Soup with Barley

Version 1

- 100 g dried lentils (rinse, soak if needed)
- 50 g pearl barley
- 1 medium carrot (about 100 g), diced
- 1 medium celery stalk or daikon (about 60 g), diced
- 1/2 medium onion (about 75 g), diced
- 5 ml olive oil (1 tsp)
- Herbs: 1/4 tsp dried thyme, 1 small bay leaf, freshly ground black pepper to taste
- 800 ml water or low-sodium vegetable broth

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- 1. Heat olive oil in a pot. Sauté onion until translucent.
- 2. Add carrot, celery or daikon; stir for a minute or two.
- 3. Add lentils, barley, herbs, and water or broth.
- 4. Bring to a boil, then reduce heat and simmer for 35-40 minutes, or until soft.

Estimated Nutrition (Per Serving, assuming 2 servings)

Nutrient **Amount** Calories ~260 kcal Protein ~13 a Carbohydrates ~45 g • Fiber ~12 g Sugars ~5 g Fat ~3 q • Saturated Fat ~0.4 g Depends on broth — with low-Sodium

sodium broth:

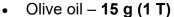
~300 mg or less



Lentil & Vegetable Soup with Barley & Tofu

Version 2

Yield: 4 servings



- Onion **150 g**, diced
- Carrot **150** g, diced
- Celery **100** g, diced (or daikon 120 g)
- Garlic 2 cloves (10 g), minced
- Pearl barley 80 g
- Dried lentils (brown or green) 200 g, rinsed
- Diced tomatoes 400 g can
- Water or homemade low-sodium broth 1.2 L (5 cups)
- Firm tofu 200 g, cut into 1.5 cm cubes
- Dried thyme ½ tsp
- Dried oregano ½ tsp
- Bay leaf 1
- Cumin ½ tsp
- Black pepper 1/4 tsp
- Salt ½ tsp (adjust to taste at end)
- Spinach **150** g (or kale/shungiku)
- 1. Heat **olive oil** in a pot.
- 2. Sauté onion, carrot, celery 5 min.
- 3. Add garlic + cumin, cook 1 min.
- 4. Stir in lentils, barley, tomatoes, water/broth, thyme, oregano, bay leaf, pepper, salt.
- 5. Bring to boil, then **simmer** on **medium-low**, partially covered, **30 min** until lentils/barley tender.
- 6. Gently stir in tofu and cook another 10 min.
- 7. Add **spinach** in **last 3 min**.
- 8. Adjust seasoning, finish with lemon juice or splash of vinegar.

■ Nutrition (per serving, ~450 g soup)

• Calories: ~250 kcal

• Protein: ~17 g

• Fat: ~8 g

Carbs: ~35 g

o Fiber: ~10 g

Sodium: ~280 mg

Japanese Variation Ideas for Lentil & Vegetable Soup

Seasoning base:

- Replace thyme/oregano with 2 tsp grated ginger + 1 Tbsp white miso (stir miso in at the end so it doesn't lose aroma).
- o Add a dash of soy sauce or coconut aminos instead of salt for umami.

Vegetables:

o Swap spinach for komatsuna, shungiku, or mizuna (autumn greens).



- o Use **daikon** instead of celery for a Japanese-style root sweetness.
- o Add a few slices of **shiitake or shimeji mushrooms** for depth.

• Protein options:

- o Chicken version: add 200 g skinless chicken thigh cut small, simmer in broth.
- o **Tofu version:** use **200 g firm momen-dōfu**, cubed, added last 10 minutes.

Finish:

o Garnish with **chopped negi** (green onion) or **yuzu zest** for a fragrant lift.