

POT LUCK
Winter Vegetable and Barley Stew



Ingredients:

1 onion
1 carrot
1 celery stalk
1 leek peeled and washed
1 small swede or sweet potato or turnip
1 parsnip
100g pearl barley
parmesan rind or grated
parsley (to serve)

Method:

1. Peel and dice the onion
2. Scrub the carrot and celery and dice them
3. Slice the leek, dice the root vegetables
4. Heat oil and soften the onions.
5. Now add the root vegetables to the pot.
6. Rinse the barley in cold water.
7. Add 570 ml stock to the pot and then the pearl barley.
8. If you have some, now add the Parmesan rinds
9. Bring to a simmer and cook for approx 40 mins, until the veg and barley are soft.
10. Serve with chopped parsley and if you haven't used your rinds, grated Parmesan.