Soups / Ireland

pearl barley, chickpeas and red cabbage soup · Ireland

A hearty soup with grain, red cabbage and cooked pulses, developed as a Ireland-inspired variation.

Time 50 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 150 g pearl barley
- ☐ 500 g red cabbage
- ☐ 15 g wholegrain mustard
- ☐ 10 ml apple cider vinegar
- ☐ 30 ml neutral cooking oil
- ☐ 450 g drained cooked chickpeas
- ☐ 1400 ml low-salt vegetable stock
- ☐ 10 g fresh parsley
- ☐ salt and pepper to taste

Let's make it.

01 Cook the grain separately according to the packet. Rinse and drain the cooked pulses.

02 Clean the red cabbage and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the red cabbage and cook for a few minutes. Pour in the stock and simmer until the vegetable is tender.

04 Add the cooked grain and pulses and heat for five minutes until the soup is piping hot.

05 Stir in the wholegrain mustard, fresh parsley, apple cider vinegar and taste before serving.

AI-developed, not kitchen-tested.

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