Soups / Ireland

pearl barley, lentils and sweet potato soup · Ireland

A hearty soup with grain, sweet potato 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 sweet potato
- ☐ 15 g wholegrain mustard
- ☐ 10 ml apple cider vinegar
- ☐ 30 ml neutral cooking oil
- ☐ 450 g drained cooked lentils
- ☐ 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 sweet potato and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the sweet potato 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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