

RECIPE | TOMATOES

FRESH VEGGIE BARLEY BOWL



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FRESH VEGGIE BARLEY BOWL

INGREDIENTS

- 1 pint Pure Flavor® Organic Sangria® Medley Tomatoes, sliced
- 7 cups organic beef, organic chicken or organic vegetable broth
- 1 lb mixed organic mushrooms, cut into ¼" slices
- 3 cups cooked organic barley
- ¾ cup organic olive oil, divided
- ½ cup organic dill, finely chopped
- ½ cup organic parsley, finely chopped
- ¼ cup organic lemon juice
- 2 organic shallots
- 4 cloves organic garlic, thinly sliced
- 1 large bunch organic curly kale
- 1 ½ tsp kosher salt, plus more
- 1 tsp organic honey
- ¼ tsp organic crushed red pepper flakes

DIRECTIONS

1. Preheat oven to 425°F. Toss mushrooms, tomatoes, shallots, 2 tablespoons of oil and ½ teaspoon of salt on a baking sheet. Roast until mushrooms are golden brown and tomatoes are deflated, about 15 minutes.
2. Whisk dill, parsley, lemon juice, honey, red pepper flakes ½ cup of oil and ½ teaspoon of salt in a bowl and set aside.
3. Bring broth to a boil in a large pot over medium-high heat. Add cooked grains and let simmer for 5 minutes. Add mushroom mixture and let simmer 5 more minutes. Season with salt.
4. Toss kale, garlic and remaining oil on the same sheet the mushrooms were on and arrange in a single layer. Roast until kale is wilted and crisp in places, about 4 minutes.
5. Divide soup among bowls and top with kale mixture.



TOTAL TIME

45 minutes

PREP TIME

15 minutes

COOK TIME

30 minutes

SERVES

4-6

COOKING LEVEL

Easy