



10 Day Alkaline Challenge

Menu Plan - Day 2 - Recipes

Lunch

Chunky Winter Vegetable Soup

Pearl barley can help digestion problems and also add weight loss and management. Like many other lentils, it can thicken soups and casseroles and provide good quality fibre keeping you feeling fuller for longer.

INGREDIENTS:

600ml/1ltr vegetable stock
1/2 onion, diced
1 large carrot
1 celery stick, chopped
1tbsp pearl barley
1 tsp dried red lentils
sea salt and pepper to season
Freshly chopped parsley to serve



METHOD:

1. Bring the vegetable stock to the boil
2. Add the mixed vegetables to the stock and boil for 10 minutes. Add in the pearl barley and lentils and boil until the vegetables are tender and the lentils have softened. Season with sea salt and pepper.
3. Use a hand blender (or out machine) to roughly blend the soup leaving a chunky mixture. Serve with the parsley to garnish.

