

# Pulse, Grain and Vegetable Soup



I have been making this soup for years, and it's different every time. It is great for using up leftover vegetables.

**Yield:** 4 servings

Ingredients	Quantity	Comments
Vegetable oil	1 Tbsp.	
Onion	1 medium	
Garlic, crushed	3 cloves	
Raw whole kernel grain, rinsed	1 cup, total	Use a variety (e.g. rice, quinoa, buckwheat*, wheat kernels, etc.)
Lentils or split peas, rinsed	1 cup, total	
Fresh herbs, diced	1 bunch	e.g. parsley
Vegetables, diced	8 cups	
Water	To cover ingredients	
Salt and pepper	To taste	

\* Note: buckwheat produces a thick and gummy texture – which many people like, but not all. If you are not familiar with buckwheat, start with a small amount.

## Instructions

- Heat the vegetable oil in a large pot over medium heat. Sauté onion and garlic.
- Add the remaining ingredients. The water should just cover the other ingredients.
- Stir thoroughly, cover and bring to a boil. Reduce heat and simmer for about 30 -60 minutes, until the pulses and grains are tender. Stir frequently and add more water if needed.
- It should be thick when finished cooking (i.e. most of the water is absorbed).
- Cool and freeze in small “pucks”. See Freezing Meals (3b). When you reheat, tomato or V-8 juice is good choice for the liquid (makes a nice broth) .