

Barley Soup with Caramelized Onions

INGREDIENTS

1/4 cup olive oil
3 onions, cut into 1/2" dice
2 quarts vegetable stock or water
1/2 oz dried porcini mushrooms, about 1/2 cup
2 Tbps tomato paste
1 Tbps minced fresh rosemary or 2 tsp dried
1 cup pearl barley, rinsed
1 cup diced celery
2 carrots, diced

salt and pepper
1/2 cup grated pecorino cheese

DIRECTIONS

Warm the oil in a heavy soup pot. Add the onions, cover and cook over low heat for 40 mins. Remove the lid, raise the heat to medium, and cook, stirring frequently, until the onions are browned. While the onions are cooking, make the stock and include the dried porcini. Retrieve them when the stock is done and chop.

Once the onions are browned, add the tomato paste and rosemary and cook for a few minutes more, working the paste into the onions. Add the barley, vegetables, chopped porcini and stock; bring to a boil. Lower the heat and simmer, partially covered, until the barley and vegetables are done, about 25 mins. Taste for salt, season with freshly milled pepper, and serve with cheese grated over the top.

Serves 6 to 8.