

Herbed Lentil Minestrone with Wild Fennel

Swick

Makes 5 servings | Active Time: 30 minutes | Total Time: 40 minutes

Step 1: Making the Dish

- 3/4 cup dried chickpeas, soaked overnight (or one 15-ounce can, drained)
- 1/4 cup lentils
- 1 white onion, chopped
- 1 tablespoon extra-virgin olive oil
- 4 sun-dried tomatoes, coarsely chopped
- Small bunch of mint, finely chopped
- Sprig of rosemary, stem removed
- 1 bay leaf
- 1 wild fennel bulb with fronds, coarsely chopped
- 1/4 pound peeled potatoes, cubed
- 1 1/2 cups barley
- Salt and pepper (optional)

In a soup pot, combine all ingredients. Cover with water to an inch above the top of the other ingredients.

Bring to a boil and reduce to a simmer.

Cook for about 30 minutes. Add salt and pepper to taste. Remove bay leaf before serving.