

“NO soup for you”  
[click here to see why](#)



**Serves for 6-7**

**Preparing time: 5 mins. Cooking time: 90 mins.**

Soup by Al Yeganeh:

"dedication, hard work...not cutting corners...earn the people's trust...having the most freshest ingredients...the passion, the l

# Ingredients:



**2 potatoes**  
**3 carrots**  
**3-4 small onions or 1 big**  
**1 red pepper**  
**1 Zucchini**  
**1 parcel of coriander**  
**1 parcel of celery (with the root)**  
**¾ cup of pearl barley**  
**4 TBS of olive oil**  
**Salt and pepper**

**Recommended (all of them or few of them):**  
**2 TBS of soup powder or chicken stock**  
**2 TBS of Soya sauce**  
**1-2 TBS of tomato mash**

Soup by Al Yeganeh:

"dedication, lifetime work...not cutting corners...earn the people's trust...having the most freshest ingredients...the passion, the love"

**Cut the vegetables to cube size.  
Put them all in a pot.  
Fry the vegetables with the olive oil on high  
flame. Add salt and pepper**



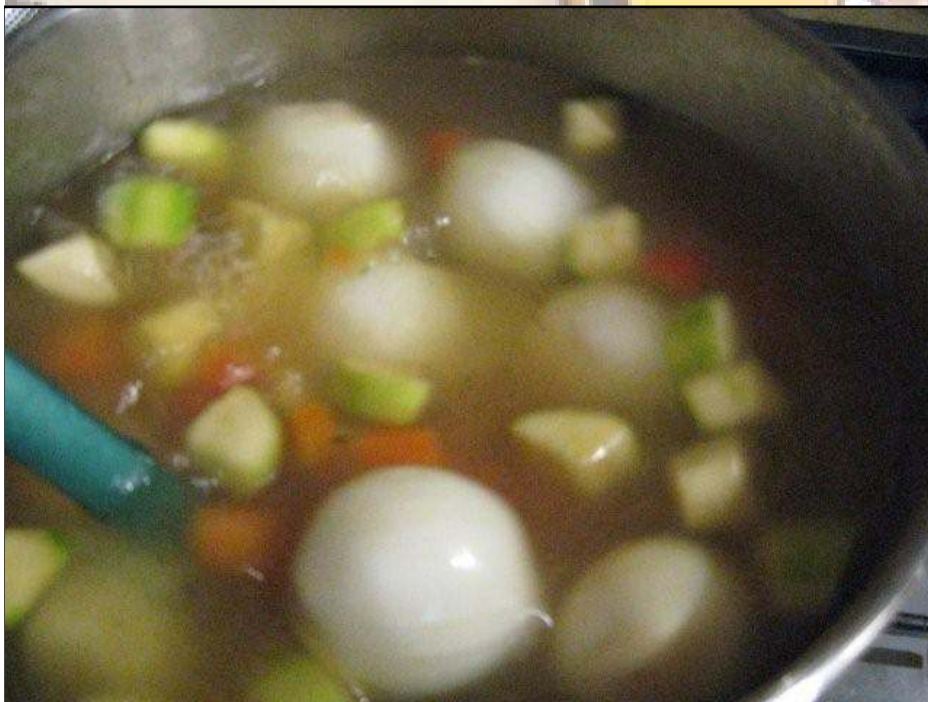
"dedication, lifetime work...not cutting corners...earn the people's trust...having the most freshest ingredients...the passion, the l



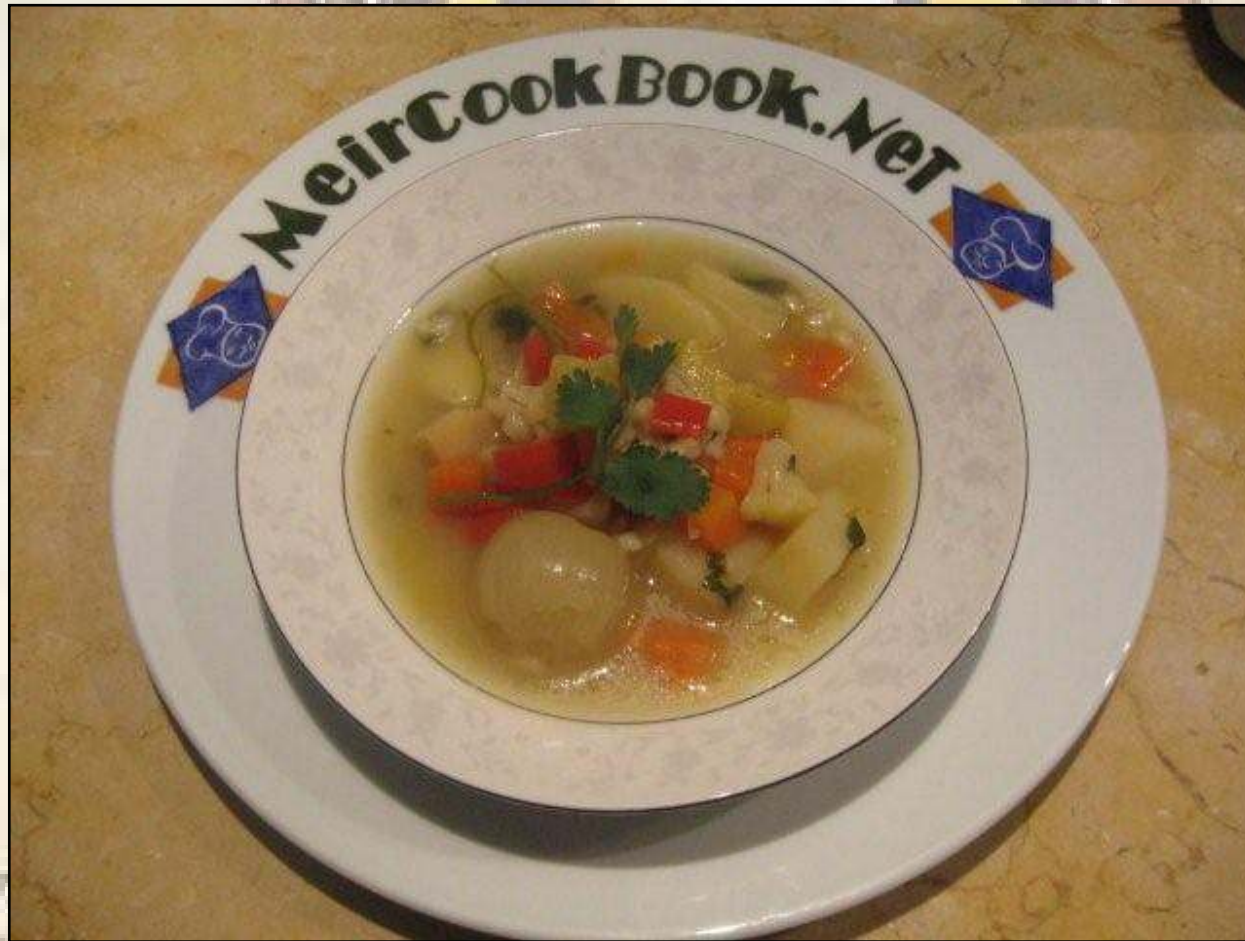
**Add cold water to the pot and change the flame to high. After it boiled, add the pearl barley.**

**Add the soup powder/Soya-sauce/ tomato paste. (one or all)**

**change the flame to medium**



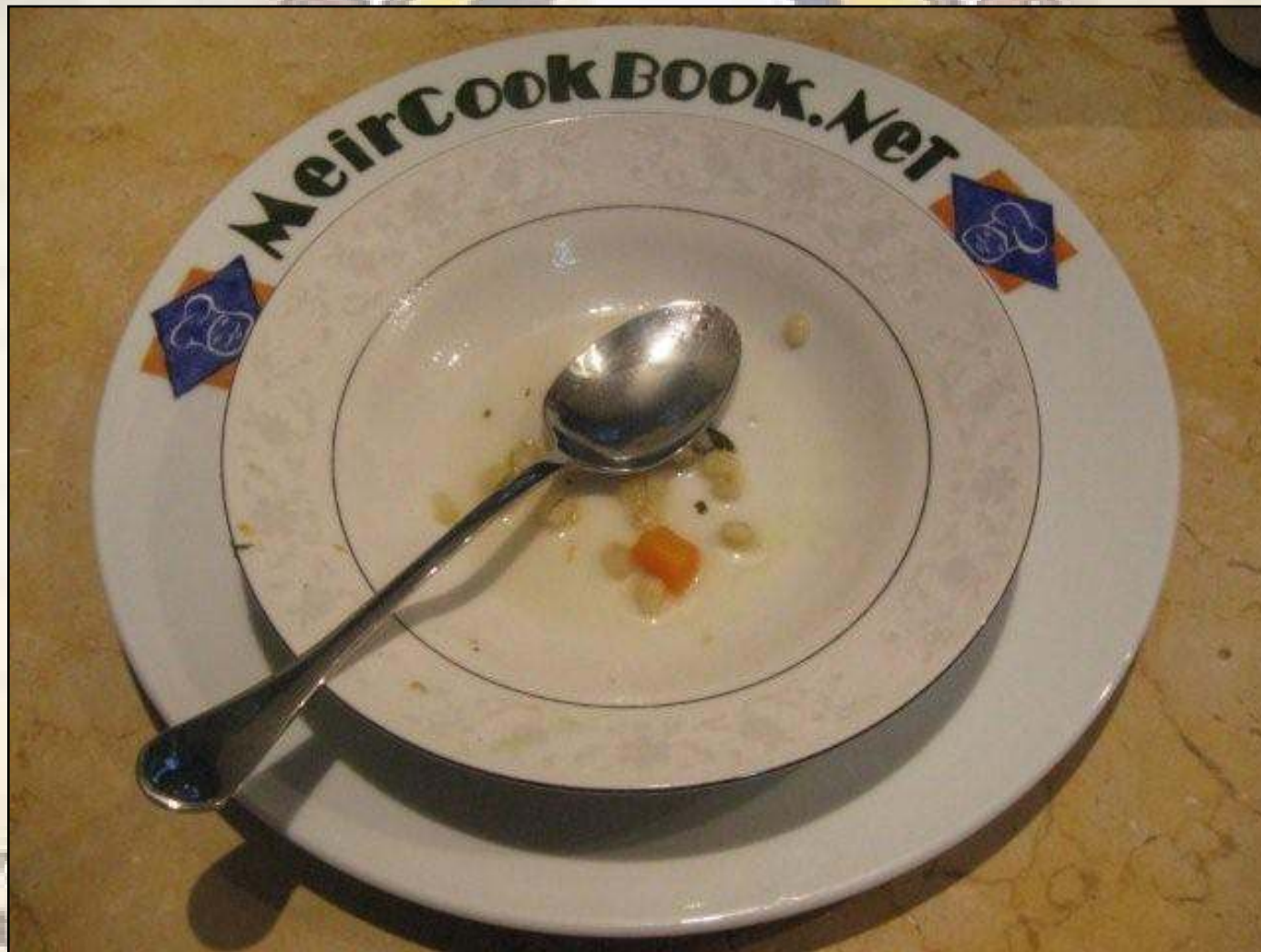
**After 90 mins...**



**In if you like the meat version:  
add cubes of spicy sausages**



**No soup for me today?**



# Here is the real NO SOUP version

