

Barley, Tofu, & Spinach Soup

(recipe adapted from <http://www.manyveggierecipes.com>)

Ingredients

- 1 block of tofu (cut into small cubes)
- 10 oz. frozen or fresh spinach
- 1 32 oz. carton of vegetable broth
- 2-3 cups of water
- 1/2 cup barley
- 1 medium onion, sliced into half-rings
- 3 cloves garlic
- 2 tbsp soy sauce
- 1/2 tsp crushed red pepper
- 1 tsp chili powder
- 1 tsp cumin powder
- 1 tbsp canola oil

Instructions

1. In a large soup pot, saute the onion and garlic in the oil until the onion starts to turn translucent. Set aside in a bowl.
2. Add barley and vegetable broth to the pot. Bring to a boil, reduce heat, cover and simmer for 1 hour.
3. Add 2-3 cups of water to pot.
4. Add all remaining ingredients, bring to a boil, and simmer for 10 minutes.