**White Bean, Vegetable and Barley Soup**

1 yellow onion, diced

2 cloves garlic, minced

Olive oil

4 medium diced carrots

1 large can diced tomatoes

1 cup pearl barley

1 teaspoon dried oregano

1 teaspoon barley

6 cups vegetable stock

1 russet potato, diced

1 cup fresh green beans, cut into 1 1/2-inch pieces

½ cup corn

½ cup frozen peas

1 tablespoon lemon juice

1 15 oz can white beans, drained and rinsed

Salt and pepper to taste

Parsley sprigs or chopped parsley as garnish (optional)

1. Saute the onion and garlic over medium heat until onion is soft and translucent.
2. Add the carrots and saute for an additional two minutes.
3. In a large stock pot, add the diced tomatoes, barley, basil, oregano, and vegetable broth.
4. Cover and bring the soup to a boil. Turn the heat to simmer and continue to cook for 30 minutes.
5. Add the potatoes and continue cooking for ten minutes.
6. Add the green beans, corn and peas. Heat through, about five to ten minutes.
7. Add the lemon juice and white beans. Stir, taste and adjust seasonings. Garnish with parsley.