

## Vegetarian Mixed Bean Soup

2 3/4 cups red lentils (500 grams), washed and picked through  
1 cup barley, rinsed  
1 16 ounce can black beans, drained and rinsed  
1 16 ounce can baked beans with their juice, do not drain  
2 flat tablespoons salt  
1 chopped fried onion Or one small onion, chopped in addition to the other 2 onions \*  
2 carrots peeled and chopped roughly  
2 onions peeled and chopped roughly  
1 crushed clove garlic  
1/8 cup vegetable oil  
10-12 cups water

A note before starting. This makes a ginormous amount. You could always make less but don't. It freezes beautifully and also keeps for more than a week in the fridge. You can just zap a cup or two in the microwave instead of heating up a whole pot and you're good to go. So, I think it's worth making the big amount. Just saying.

### Directions:

- If you don't have prepared fried onions <https://kosherfromjerusalem.com/2019/12/17/basic-sauteed-onions-a-kitchen-staple/> then take the small onion you chopped and begin the soup with the oil and sautee the onion in the oil till dark yellow, not longer. Then continue.
- Put the lentils, barley, black beans, baked beans, salt, crushed garlic, carrot, onion (yes, second time onion) oil if you didn't already put it in to fry the onion, and the water. This goes into a large stockpot able to hold 12 cups of water with ingredients.
- Stir well and bring to the boil and lower to medium heat, stirring from time to time. Keep an eye on it since the lentils break down into a thick almost sludgy consistency and you don't want them to stick and burn. Cook for two hours until the whole soup is thick and creamy. Serve with a wholegrain roll for a full and satisfying meal.