

# Healing Tibetan Barley Broth

## Ingredients

- 1 tablespoon sesame oil or olive oil
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 1 teaspoon fresh grated ginger
- 1 small carrot, diced
- 1 celery stalk, chopped
- ½ cup hulled barley (soaked 1 hour for faster cooking)
- 4 cups vegetable broth or water
- 1 tablespoon tamari or coconut aminos

- Pinch of turmeric (optional)
- Salt and pepper to taste
- Fresh parsley or green onion for garnish

## **Instructions**

1. Heat the oil in a pot over medium heat. Add the onion, garlic, and ginger. Sauté for 3–4 minutes.
2. Add the carrots and celery. Stir for another 2–3 minutes.
3. Stir in the soaked barley, turmeric (if using), and broth. Bring to a boil.
4. Reduce heat and simmer for 35–45 minutes, or until the barley is soft.

5. Add tamari and adjust salt and pepper to taste.

6. Garnish with parsley or green onion before serving.

## **Health Benefits**

- Barley supports digestion and is rich in beta-glucan for heart health.
  - Ginger and garlic offer antimicrobial and anti-inflammatory support.
  - A grounding, mineral-rich soup that helps restore energy and calm the body.
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