

Barley Mushroom Soup

From Dick Ogren
Serves 8 - 10



INGREDIENTS

1 large onion, chopped	5 cloves garlic, minced	water for sautéing
1 ½ cups carrots, sliced	1 ½ cups organic celery, sliced	8 cups water for cooking
¾ cup hulled barley	8 oz mushrooms, sliced	3 bay leaves
1 tbsp basil	3 low salt vegetable bouillon cubes	

DIRECTIONS

1. In large pot, on low to medium heat, sauté the garlic and onion in a little water until the onion is limp.
2. Add carrots and celery; sauté 5-6 minutes.
3. Add water, barley, mushrooms, bouillon cubes, bay leaves and basil. Bring to boil, reduce heat and simmer for 1 hour.
4. Add salt to taste. Remove bay leaves and serve.

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Whole Grain Crackers

From Dick Ogren
Makes 55 - 60 crackers



INGREDIENTS

½ cup cornmeal	¼ cup buckwheat flour	¼ cup sesame seeds
2 tbsp ground flax seed	1 tsp sugar	¼ tsp salt
3 tbsp water	1 tbsp organic canola oil	1 cup oat milk or other plant milk

DIRECTIONS

1. Preheat oven to 375 degrees.
2. In medium bowl, whisk together cornmeal, buckwheat flour, sesame seeds, flax seed, sugar and salt.
3. Combine oat milk, water and oil with dry ingredients.
4. Let batter stand for 5-6 minutes, to thicken.
5. Place ½ tablespoons of batter on baking sheet lined with parchment paper.
6. Bake in middle of oven for 24 minutes. Turn crackers over and bake for another 7-15 minutes, checking every few minutes so they do not burn.
7. Place crackers in an uncovered dish and leave over night to increase the crispness. Serve with soups and dips.

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