

Parmesan Barley Soup

- 1 T olive oil
- 2 cloves garlic, minced
- 1/4 c onion, finely chopped
- 2 each carrots, celery sticks, thinly sliced
- 6 large mushrooms, thinly sliced
- 1/4 t oregano
- 1 T red wine vinegar
- 2/3 c barley, soaked covered in water for 1 hour, strained
- 4 c broth, plus 1 cup water
- 2 Parmesan rinds
- 1/4 c Parmesan, grated, plus extra for serving
- 2 T milk
- 1/4 c white wine
- sea salt and freshly ground black pepper
- roasted cherry tomatoes, as garnish (optional)
- Italian parsley, as garnish (optional)

In a medium sized pot, heat olive oil on medium-high and sauté onions and garlic for 2 minutes, then add the carrots, celery, mushrooms and oregano and cook, stirring for 3 minutes, then mix in vinegar. Add broth, water and strained barley, bring to a boil then simmer, covered, for 10 minutes. Add Parmesan rinds and simmer, covered, for 20 minutes. Add Parmesan cheese, white wine, salt and pepper. Continue to simmer for a few minutes, or until barley is soft. Remove the Parmesan rinds, add milk and garnish with grated Parmesan, roasted tomatoes and parsley. Serves 4-6.

Roasted Cherry Tomatoes

- 1-2 pints cherry tomatoes
- 1-2 t olive oil
- sea salt

Heat oven to 400F.

Spread tomatoes in a roasting pan. Coat with olive oil and sprinkle with sea salt. Roast for 15 minutes, shaking pan once at half time. Allow tomatoes to sit an additional 5-10 minutes in oven, until they are soft and wrinkled. Use to garnish soups, sides or main dishes.

Jittery Cook