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Prevent and Protect
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CREAMY RAMP AND BARLEY SOUP

WHOLELIVING.COM - MAY 2012

Serves 4

- 4 cups low-sodium chicken stock
- ½ cup hulled barley, rinsed
- ½ pound ramps, whites and greens separated and sliced
- Coarse salt and ground black pepper
- 1 stalk celery, thinly sliced

- In a medium saucepan, bring stock, 3 cups water, barley, ramp whites, and celery to a boil. Reduce heat and simmer until barley is tender, about 45 minutes.
- Stir in ramp greens.
- Transfer half of soup to a blender and puree until smooth.
- Return to pot, stir to combine, and season with salt and pepper.