



## Hearty Bean and Barley Soup

- 2 lbs. sprouted Great Northern or Black Beans
- 2 quarts filtered water
- 1 cup hulled barley (not pearl or quick)
- 1 ham hock
- 2 cups coarsely chopped ham (nitrite/nitrate-free)
- 1 lb. grass-fed ground beef, cooked & drained
- 1 large chemical-free onion, chopped
- 8 cloves chemical-free garlic, chopped
- 6-8 chemical-free carrots, sliced
- 5 ½ cups beef stock
- 1 ½ teaspoons sea salt
- 1 teaspoon black pepper
- ¼ cup natural Worcestershire sauce
- Tabasco sauce or sliced jalapenos to taste

Because most hulled barley will not sprout you'll need to soak the barley overnight in filtered water with 1 teaspoon lemon juice or whey (If you're not going to have a lot of simmer time to get this delicious, filling soup on the table you can also reconstitute your sprouted beans overnight in filtered water). Drain and rinse your soaked barley and beans well.

In a large Dutch oven or soup pot place your beans and cover with 2 quarts of filtered water. Add ham hock, cover and let come to a boil. Lower heat and simmer about 1 hour. Add remaining ingredients and simmer an additional 2 ½ hours, stirring occasionally. Serve with your favorite bread and lots of raw butter.