

Ideal Real Meal Contest

SAMPLE ENTRY

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MENU

1. Nutty Rainbow Salad
2. Mushroom Barley Soup
3. Yogurt with frozen blueberries & honey (in desired proportions, no recipe provided)

RECIPES

1. Nutty Rainbow Salad (adapted from Common Threads *ABC Salad*: <http://commonthreadsfarm.org>)
Serves 2-4

1 apple, grated
1 beet bulb, grated
1 bigger sized carrot, diced
1 T. oil
1 t. red wine vinegar
Salt and pepper to taste
½ c. chopped hazelnuts

Directions:

1. Combine apple, beet and carrot in large bowl
2. Combine oil and vinegar in small bowl – salt and pepper to taste
3. Toss vegetables with dressing and top with hazelnuts

2. Mushroom Barley Soup

(adapted from <http://allrecipes.com/recipe/very-easy-mushroom-barley-soup/>)
Serves 4-6

¼ c. olive oil
1 c. onion, chopped
¾ c. carrots, diced
2 medium Yukon gold potatoes, diced
1 tsp. minced garlic
2 c. mushrooms, chopped
¾ c. barley
6 c. water (use all or part chicken or beef broth for added protein)
Salt & pepper to taste

Directions:

1. Heat oil in a large soup pot over medium heat.
2. Add onion, carrots, potatoes, and garlic; cook and stir until onions are tender and transparent.
3. Stir in mushrooms and continue to cook for a few minutes.
4. Pour in water and/or broth.
5. Add barley.
6. Bring to a boil, then reduce heat to low.
7. Cover and simmer until barley is tender, stirring occasionally, about 50 minutes.
8. Season to taste.