

ASURE

FRUIT AND NUT SOUP

Ingredients

- 1 cup white beans
- 1/2 cup filberts, toasted
- 1 cup garbanzos
- 1/2 cup walnut pieces
- 1 cup barley
- ground walnuts for topping
- 1 cup dried apricots, cut up
- 1 cup raisins, cut up
- 1/2 cup figs, cut up
- 1 cup sugar, or to taste
- water to make about four quarts

Steps

The night before, rinse and soak the beans (garbanzo and white together) and the barley in 2 different bowls. In the morning, drain and cook until tender, again in 2 pans. In a large pot, combine beans, barley, fruit, sugar, and water. Cook over medium heat, stirring occasionally, until fruit is very soft and barley starch is released. Correct for sweetness; stir in filberts and walnuts. Allow to cool or refrigerate, if desired. Serve as snack or dessert with walnuts sprinkled on top.

