**VIKING VEGETABLE STEW**

**Ingredients**

* 75 g butter
* 1 onion, peeled and sliced
* 2 carrots, peeled and diced
* 2 parsnips, peeled and diced
* 1 leek, peeled and diced
* 1 celery stalks, chopped
* 150g swede, peeled and diced
* 500ml hot vegetable stock
* black pepper
* 200g pearl barley & chickpea mix (soaked overnight, then drained)
* A handful of chopped parsley

**Method**

* Heat the butter in a large pan, add the onion and fry slowly for 5 mins.
* Add the other vegetables, cover and fry over a medium heat for 5 minutes, so they start to soften.
* Pour in the stock, season with black pepper and bring to the boil, cover and simmer for 10 minutes.
* Stir in the barley & chickpea mix and cook for another 20 minutes, until the vegetables are tender.
* Sprinkle the vegetable stew with chopped parsley to serve.

