

Badri's Recipe for *Soopeh Jo*  
(As dictated over the phone by Badri herself, my sister-in-law!)

Serves six

Ingredients:

- 1 cup of barley (use the quick cooking pearled barley, or **if not, pre-soak the barley in water for two hours**)  
**Note:** rolled oats can serve as a substitute for the barley, and will not need presoaking
- 1 onion, peeled and chopped
- 1 large carrot or two smaller carrots, washed, and peeled into long strips
- 1 quart of whole milk (it can be low fat milk, if you prefer)
- 1½ tsp. salt
- ½ tsp black pepper
- 8 ½ cups of water\*
- ½ chicken\*\*
- ½ bunch of parsley, washed and chopped
- ¼ wedge of a lemon

\* For the vegetarian version, substitute the water with vegetable broth or stock for more flavor

\*\* For the vegetarian version, eliminate the chicken

Directions:

1. Place the water in a large pot and bring it to a boil over a medium flame.
2. Add the onions, carrots, and chicken (if you're including chicken) and let them boil for 30 minutes.
3. Remove the cooked chicken (if you included it) and set aside to cool. Sometime during Step 4 or 5 (while the soup is cooking), remove the skin and shred the chicken for adding later.
4. Add the barley or oats to the water and keep the mixture over a medium flame until the grain absorbs most or all of the liquid)—another 20 minutes or so.
5. Add the milk, **half** of the chopped parsley, and the shredded chicken (if you included chicken), stir them into the mixture, and let the soup simmer over a low flame for another 15 minutes. Add more milk, if needed, to desired consistency.
6. Stir in the salt and pepper, taste, and adjust according to preference.
7. Finally, squeeze the juice from the quarter lemon into the soup and stir it in.
8. When ready to serve the soup, sprinkle the rest of the parsley on top of the soup—then ladle it out and enjoy!



