

Persian Barley-Vegetable Soup with Lemon and Dill

TOASTED BARLEY and sour cream add richness and texture to this simple soup. In a large saucepan over medium-high, toast **2/3 cup quick-cooking barley** until lightly browned, 4 to 5 minutes. Transfer to a small bowl. Set the pan over medium and add 1 tablespoon extra-virgin olive oil, **3 medium carrots** (peeled and shredded), **1 medium leek** (finely chopped) and 1/4 teaspoon kosher salt. Cover and cook until the vegetables soften, about 10 minutes. Stir in **1 teaspoon ground turmeric** and cook until fragrant, about 30 seconds. Stir in **1 quart low-sodium chicken broth** and the barley. Bring to a boil over medium-high. Reduce to medium-low, cover and simmer until the barley is tender, 10 to 12 minutes. Off heat, stir in **3 tablespoons chopped dried cranberries**. In a small bowl, whisk 1/3 cup of the soup and **1/4 cup sour cream**, then slowly whisk back into the soup. Let stand for 5 minutes, then stir in **1 tablespoon lemon juice**. Season with kosher salt and black pepper. Serve topped with **chopped fresh mint, dill or parsley** and additional chopped cranberries and sour cream. ♦

