Cabbage Soup

1 chopped onion
1 tsp canola oil
2 chopped tomatoes
4 cups chicken stock
2 chopped carrots
2 cups shredded cabbage
½ cup cracked barley
Salt and pepper

Fry onion in oil until soft. Add tomato and cook for 3 minutes. Add stock, remaining vegetables and barley. Add salt and pepper to taste. Cook until all vegetables are soft (about 40 minutes).

A very typical Latvian meal: cabbage soup and speķu rauši. The mat was embroidered by Zelma when was a young woman.