



Mushroom and Barley Soup

Servings 4 | Prep time 15 mins. | Total time 40 mins.

Equipment: Cutting board, large pot, measuring cups and spoons

Utensils: Knife

Ingredients

- 1 tablespoon olive or vegetable oil
- 1 onion, chopped
- 2 celery stalks, sliced thin
- 2 carrots, peeled and sliced into thin rounds
- 2 cups mushroom, sliced
- 1/2 cup quick cooking barley
- 1 teaspoon garlic powder
- 1/2 teaspoon thyme (optional)
- 3 cups low sodium chicken broth
- 2 cups water
- 1 tablespoon fresh parsley (optional)

Instructions

1. Before you begin, wash your hands, surfaces, vegetables, and utensils.
2. Heat oil in a large pot over high heat. Cook onion, celery, carrots and mushrooms until onions begin to soften, about 4 minutes.
3. Add remaining ingredients except parsley and bring to a boil.
4. Lower heat to a simmer and cook until the barley is tender, about 20 minutes.
5. If using, sprinkle parsley on top of soup before serving.

Nutritional Information:

Calories 170
Total Fat 4g
Sodium 460mg
Total Carbs 28g
Protein 7g