



Mushroom and Barley Soup

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

Equipment:

Cutting board
Large pot

Utensils:

Knife
Measuring cups and spoons

Ingredients

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

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and vegetables.
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