

# Mushroom Barley Soup

**Makes:** 4 servings

## Ingredients

- 1 tablespoon** oil
- 1** onion (chopped)
- 2** celery stalk (sliced thin)
- 2** carrot (peeled and sliced thin)
- 2 cups** mushroom (sliced)
- 1/2 cup** barley, quick cooking
- 1 teaspoon** garlic powder
- 1/2 teaspoon** thyme (ground)
- 3 cups** chicken broth (low sodium)
- 2 cups** water
- 1 tablespoon** parsley (chopped fresh)

## Directions

1. Heat oil in large soup pot over high heat. Sauté onion, celery, carrots and mushrooms until golden, about 4 minutes.
2. Add the rest of the ingredients except for the parsley and bring to a boil.
3. Lower heat to a simmer and cook until the barley is tender, about 20 minutes.
4. Sprinkle parsley on top of soup and serve hot.

Food and Health Communications, Inc., Cooking Demo II, p.155

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	170	
Total Fat	5 g	8%
Protein	8 g	
Carbohydrates	26 g	9%
Dietary Fiber	6 g	24%
Saturated Fat	1 g	5%
Sodium	100 mg	4%