
MUSHROOM BARLEY SOUP

Dairy-Free, Nut-Free, Egg-Free, Vegetarian, Vegan

Yield: 6 servings **Prep time:** 5 minutes **Total time:** 25 minutes



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Ingredients

- 2 tbsp olive oil
- 1/2 onion, chopped
- 2 carrots, chopped
- 1 bell pepper, chopped
- 1 celery stalk, chopped
- 12 oz mushrooms, chopped
- 6 cups low sodium vegetable broth
- 1 cup barley, uncooked
- 2 tbsp tomato paste
- 1/2 tsp dried thyme
- 1 dried bay leaf

Directions

1. Prep ingredients: clean and chop carrots, peppers, celery, mushrooms and onion.
2. In a large stockpot over medium heat, heat the oil. Add the onion, pepper and carrots and cook for 5 minutes, stirring frequently. Turn up the heat to medium-high and add the mushrooms. Cook for 3 minutes, stirring frequently.
3. Add the broth, barley, tomato paste, thyme, and bay leaf. Stir, cover the pot, and bring the soup to a boil. Once it's boiling, stir a few times, reduce the heat to medium-low, cover, and cook for another 12 to 15 minutes, until the barley is cooked through.
4. Remove the bay leaf and serve in soup bowls with ladle.

Per serving: Calories: 236; Total Fat: 7g; Saturated Fat: 2g; Sodium: 231mg;
Total Carbohydrates: 35g; Fiber: 7g; Protein: 8g

Grocery List

- Olive oil
- Onion
- Carrots
- Bell pepper
- Celery
- Mushrooms
- Vegetable broth
- Barley
- Tomato paste
- Thyme
- Bay leaf

Kitchen Equipment

- Measuring cups
- Measuring spoons
- Cutting board
- Sharp knife
- Can opener
- Large Stockpot
- Mixing spoon
- Ladle
- Serving bowls

Nutrition Information

- Barley is high in fiber, especially beta-glucan, which may aid in healthy digestion, reduce cholesterol and blood sugar levels. Whole-grain, hulled barley is more nutritious than refined, pearled barley. It can be substituted for any whole grain and easily added to your diet.
- Mushrooms are an excellent source of fiber, protein, and nutrients that promote a healthy gut, immune system and boost your bone health. They are also low in calories.

Notes