

## Mushroom Barley Soup

### Ingredients:

- 1 tablespoon oil
- 1 onion
- 2 celery stalks
- 2 carrots
- 2 cups mushrooms
- 1/2 cup pearled barley
- 1 teaspoon garlic powder
- 1/2 teaspoon ground thyme
- 3 cups low-sodium beef, vegetable, or chicken broth
- 2 cups water

### Equipment:

- Cutting board
- Knife
- Large stock pot with lid
- Measuring cups
- Measuring spoons
- Spatula
- Mixing spoon

Number of Servings: 4  
 Prep Time: 10 minutes  
 Total Time: 40 minutes

### Directions

1. Heat oil in large soup pot over medium heat.
2. Cut the ends off of the onion, and peel off the brown layers. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop up into small pieces. Add to pot.
3. While onion is cooking, wash a celery stalk, cut off both ends and cut into shorter lengths. Lay these pieces side by side. Cut wider pieces in half lengthwise so that all the pieces are about the same size. Cut across the ends until all pieces are chopped up. Add to pot.
4. While vegetables are cooking, scrub a carrot and cut off both ends. Starting at the small end, slice into thin slices. Add to pot.
5. Rinse mushrooms off under cool water and use a soft vegetable brush to remove any dirt, and pat dry. Remove stem from mushroom and slice, throwing away any tough parts. Lay tops on cutting board with the gill side up. Slice across top into 1/8th inch slices. Add to pot.
6. When vegetables are tender, after about 5 minutes, add barley, garlic powder, thyme, chicken broth, and water to pot. Bring to a boil, cover and simmer for about 30 minutes, until barley is done. Serve hot.

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Nutrition Facts	
Serving Size: 1 1/2 cups	
Servings: 4	
Amount Per Serving	
Calories 190	Calories from Fat 36
%Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 428mg	18%
Potassium 576mg	16%
Total Carbohydrate 27g	9%
Dietary Fiber 6g	24%
Protein 13g	26%
Vitamin A 204%	Vitamin C 15%
Iron 17%	Calcium 5%

\*Percent Daily Values are based on a 2,000 calorie diet.

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