

Mushroom Barley Soup

Recipe by: American Institute of Cancer Research Healthy Recipes; adapted from the New American Plate Cookbook

Serving Information:

Serves: 6 people

Time: 1 hour 30 minutes

Nutrition Information:

Per one serving size:

Calories: 123 ~ Protein: 5 g

Fat: 3 g ~ Saturated Fat: <1 g

Carbohydrate: 21 g ~ Fiber: 4g

Ingredients:

1 Tbsp. canola oil

1 medium onion, chopped

2 celery ribs, chopped

½ cup pearl barley, rinsed and drained

6 cups reduced-sodium vegetable broth

5 cups (¾ pound) chopped mushrooms

2 tsp. Worcestershire sauce

3 medium carrots, peeled and diced

Salt and freshly ground black pepper

Cayenne pepper to taste

Preparation:

1. Heat ½ Tbsp. olive oil in a large soup pot over medium heat.
2. Sauté onion and celery for 3 minutes.
3. Add barley and stir constantly for 2 minutes.
4. Add 4 cups of broth and bring mixture to a boil.
5. Reduce heat to low, cover and simmer for 40 minutes.
6. Meanwhile, in a nonstick pan, heat remaining oil over medium-high heat.
7. Sauté mushrooms for 6 minutes, stirring constantly, until mushrooms are tender.
8. Add Worcestershire sauce and stir for 1 minute.
9. Remove mushrooms from heat, stir in carrots and set aside.
10. Once barley is down simmering after 40 minutes, add mushroom and carrot mixture and remaining 2 cups of broth. Bring to a boil, and then reduce heat to low and simmer, covered, for 30 minutes, until vegetables and barley are very tender.

Mushrooms and carrots are an excellent source of B-Vitamins (Riboflavin, Folate, B6, and Thiamine), beta-carotene and the minerals Phosphorous, Calcium, and Potassium! The combination of mushrooms and barley make for a fiber-filled dish leaving you full in no time!

