

Mushroom Barley Soup

Ingredients:

- 1 tablespoon oil
- 1 onion
- 2 celery stalks
- 2 carrots
- 2 cups mushrooms
- 1/2 cup barley, quick cooking
- 1 teaspoon garlic powder
- 1/2 teaspoon ground thyme
- 3 cups low sodium 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: 30 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. Run under water to remove any dirt. 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 and lay it on a cutting board. 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, wash a carrot and place it on a cutting board. 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 20 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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