

Eat Smart • Move More

Mushroom Barley Soup

Prep Time: 10 minutes

Total Time: 40 minutes



Ingredients

1 tablespoon olive oil
2 cups mushrooms, sliced
2 celery stalks, chopped
2 carrots, sliced
1 onion, chopped
3 cups low-sodium beef, vegetable, or chicken broth
2 cups water
 $\frac{1}{2}$ cup pearled barley
1 teaspoon garlic powder
 $\frac{1}{2}$ teaspoon ground thyme

Nutrition Facts

4 servings per container

Serving size

1 serving
(453.38g)

Amount per serving

Calories 170

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 29g	11%
Dietary Fiber 6g	21%
Total Sugars 4g	
Includes g of Added Sugars	
Protein 5g	
Vitamin D 0mcg	0%
Calcium 51mg	4%
Iron 1mg	8%
Potassium 433mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice

Directions

- Heat oil in a large soup pot over medium heat. Add mushrooms, celery, carrot, and onion to the pot and cook for 5 minutes or until vegetables are tender.
- Add broth, water, barley, garlic powder, and thyme to the pot. Bring to a boil, cover and simmer for about 30 minutes, until barley is done.

(Recipe adapted from Food and Health Communications, Inc., Cooking Demo II as listed at <https://whatscooking.fns.usda.gov>.)

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Quick Tips

- Substitute 8 cloves of garlic (minced) for 1 teaspoon garlic powder.
- Serve with a salad or a side of whole-wheat toast.
- Always wash your produce before cutting!

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This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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