

Eat Smart • Move More

Sopa de Champiñones y Cebada

Tiempo de Preparación: 10 minutos

Tiempo Total: 40 minutos



Ingredientes

- 1 cucharada de aceite de oliva
- 2 tazas de champiñones, en rodajas
- 2 tallos de apio, picados
- 2 zanahorias, en rodajas
- 1 cebolla, picada
- 3 tazas de caldo de carne, de verduras o de pollo, bajos en sodio
- 2 tazas de agua
- ½ taza de cebada perlada
- 1 cucharadita de ajo en polvo
- ½ cucharadita de tomillo molido

Preparación

- Calentar el aceite en una olla grande para sopa, a calor medio. Agregar los champiñones, el apio, las zanahorias y la cebolla. Cocinar durante 5 minutos o hasta que las verduras estén tiernas.
- Agregar el caldo, el agua, la cebada, el ajo en polvo y el tomillo a la olla. Llevar a hervor, tapar y hervir a fuego lento aproximadamente durante 30 minutos, hasta que la cebada está lista.

Nutrition Facts

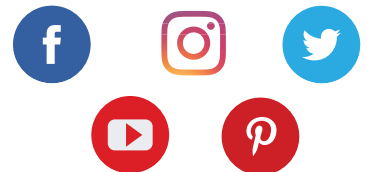
4 servings per container	
Serving size	1 serving (453.38g)
Amount per serving	
Calories 170	
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 29g	11%
Dietary Fiber 6g	21%
Total Sugars 4g	
Includes g of Added Sugars	
Protein 5g	
Vitamin 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.

Consejos Rápidos

- ▶ Reemplace 8 dientes de ajo (picado) por 1 cucharadita de ajo en polvo.
- ▶ Sirva con una ensalada o con una tostada integral
- ▶ ¡Siempre lave los productos frescos antes de cortarlos!

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