



MUSHROOM BARLEY SOUP

Yield: 8 Servings

Ingredients

- ½ cup
- ½ cup
- ½ cup
- 1 tablespoon
- 2 quarts
- 2 tablespoons
- 1 ¾ quarts
- 1 cup
- ½ leaf
- 2 tablespoons
- Yellow Onion, diced
- Celery, diced
- Carrot, small dice
- Garlic Cloves, minced
- Crimini Mushrooms, sliced
- Chicken Soup Base
- Water
- Barley
- Bay Leaf
- Canola Oil

Procedures

1. Heat oil in a pot over medium heat. Saute mushrooms, onions, carrots, and celery for 5-7 minutes or until vegetables have caramelized.
2. Add garlic and saute for an additional minute.
3. Add bay leaf, water, chicken base, barley, and bring to a simmer until barley is cooked.
4. Remove bay leaf when ready to serve.

Nutrition Facts

Serving size 8.5 oz. (240 g)

Amount per serving
Calories 150

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 3mg	0%
Sodium 500mg	20%
Total Carbohydrate 26g	10%
Dietary Fiber 2g	8%
Total Sugars 3g	
Includes 1g Added Sugars	2%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1mg	6%
Potassium 398mg	8%

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

