



Mushroom & Barley Soup

Ingredients

- 3 tablespoons Olive Oil
- 1 medium White Onion, diced
- 2 large Carrots, diced
- 2 Celery Stalks, diced
- 3 Cloves of Garlic, diced
- 1 lb. of Fresh Mushrooms, sliced
- 2 quarts of Low-Sodium Chicken or Mushroom Broth
- 1 cup Pearl Barley
- 1/4 teaspoon Salt
- 1/4 teaspoon Pepper
- 1 tablespoon Dry Sherry
- 1/4 cup Fresh Parsley, diced (optional)



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See Page #2 for Directions



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Directions

- Heat the oil over medium heat in a large stock pan. Add the onions, carrots, celery, and garlic. Cook, stirring occasionally, until onions are soft and translucent, about 8 minutes. Do not brown.
- Stir in the mushrooms and continue to cook for 3 minutes.
- Pour in the chicken broth and add the barley.
- Bring to a boil, and reduce the heat to low. Cover and simmer until the barley is tender, about 50 minutes.
- Add the sherry and parsley. Season with salt and pepper to taste. Hold above 135° F prior to service.

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