



BARLEY MUSHROOM SOUP

The Crimini mushrooms and tawny port (optional) gives this Barley Mushroom Soup extra flavor. This soup is a great way to enjoy the health benefits of barley.

Serves 4

Prep and Cook Time: Prep time: 20 min; Cook time: 55 min

Ingredients:

- * 1/2 cup of whole grain barley
- * 1 medium onion, chopped fine
- * 3 medium cloves garlic, chopped
- * 1 medium carrot, peeled and diced in ¼-inch cubes
- * 2½ cups Crimini mushrooms, cut in half and sliced
- * ½ cup Tawny port/sweet white wine (optional)
- * 1 Tbsp. + 6 cups chicken or vegetable broth
- * 1 Tbsp. chopped fresh parsley
- * 1 Tbsp. chopped fresh thyme (or 1 tsp. dried thyme)
- * ½ Tbsp. chopped fresh sage (or ½ tsp. dried sage)
- * Salt and black pepper to taste

Procedure:

1. Rinse and soak barley in 1 cup of warm water while preparing rest of ingredients.
2. Heat 1 Tbsp. broth in a medium soup pot. Sauté onion, garlic, and carrots in broth for 5 minutes over medium heat, stirring frequently.
3. Add mushrooms and continue to sauté for another 3 minutes. Add drained barley and Tawny Port and cook for about 2 minutes.
4. Add rest of broth and bring soup to a boil on high heat. Once it comes to a boil, reduce heat to medium and simmer for about 40 minutes, or until barley and carrots are tender.
5. Add herbs, salt, and pepper at the end of cooking and serve.

Tip: If you are using dried herbs instead of fresh ones, add them in step 4 before you simmer the soup.

