



Mushroom Soup with Barley & Thyme

Makes 4 servings. Recipe from Cooking Light.

Ingredients

- 1 ½ teaspoons olive oil
- 1 ½ cups chopped onion
- 1 lb. cremini or white mushrooms, sliced
- 1/2 cup uncooked pearl barley
- 4 ¾ cups chicken or vegetable stock
- 1/3 cup finely chopped celery
- 1/2 teaspoon Kosher salt
- 1/2 teaspoon chopped fresh + sprigs for garnish

Nutritional info

Calories:	217
Total fat:	5g
Cholesterol:	20mg
Sodium:	624mg
Total Carbs:	31g
Dietary Fiber:	7g
Protein:	14g

Directions

1. Heat the oil in a large saucepan over medium-high heat.
2. Add onion, carrot, and mushrooms; sauté 7 minutes or until golden brown.
3. Stir in barley, and sauté 2 minutes.
4. Add stock, celery, and salt, and bring to a boil. Cover, reduce heat, and simmer 20 minutes.
5. Add chopped thyme, and cook 5 minutes.
6. Serve with sprigs of thyme for garnish.