



Your Yummy Veggie Recipe!

Mushroom Vegetable Barley Soup

Ingredients

- 3 Tablespoons olive oil
- 2 cups chopped onions
- 1 ½ tablespoons coarsely chopped garlic
- 2 branches fresh thyme or ½ teaspoon dried thyme
- ½ bay leaf
- 2 lbs mixed mushrooms; suggested: Portobello, Cremini & Oyster
- 1/2 cup uncooked pearl barley, rinsed
- 4 stalks celery & 5 carrots, cut into ½" pieces
- 12 cups defatted chicken broth, or vege broth
- Salt, black pepper & pinch of nutmeg
- 2 tablespoons chopped flat-leaf parsley

***When cleaning mushrooms, trim stems and wipe caps with a damp paper towel.
Never wash under water.*

Directions

- Place oil in large pot. Add onions; cook over low heat 10 minutes or until wilted. Add garlic, thyme and bay leaf.
- Add mushrooms and cook for 20 minutes over medium heat, stirring. Add barley, celery, carrots and broth. Season with salt, pepper and nutmeg.
- Bring to a boil, reduce heat to medium-low and simmer 25 – 30 minutes or until vegetables and barley are tender, skimming any foam that rises to the top. Remove thyme branches and bay leaf. Adjust seasonings. Stir in the parsley just before serving the soup piping hot.

Serves 8 – 10. Per serving (based on 10): 151 calories, 5 g fat.

Mushroom Quick Facts:

- Mushrooms are excellent sources of potassium, helping to lower high blood pressure. They also provides copper, a mineral containing cardioprotective properties.
- They are rich sources of riboflavin, niacin and selenium. Selenium works with Vitamin E to protect cells from being damaged by free radicals in the body.
- And, mushrooms are high in water content, thus very low in calories!

Fedorko Chiropractic Health Center

www.FedorkoHealth.com

4774 Munson St NW Suite 302, Canton, OH 44718 Phone: 330-494-0422