

## REAL SIMPLE

HANDS-ON TIME: 35 MINUTES

TOTAL TIME: 45 MINUTES

MAKES 4 SERVINGS



## Mushroom Barley Soup

## INGREDIENTS

- 1 cup barley
- 1 ½ tablespoons olive oil
- 2 medium yellow onions, diced
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 large carrot, diced
- 2 celery stalks, diced
- 20 ounces button mushrooms, sliced
- 5 cups low-sodium chicken broth
- 2 bay leaves
- 8 sprigs fresh thyme
- sourdough or other country bread, toasted (optional)

In a medium pan, bring the barley and 4 cups of water to a boil. Cover, reduce heat to medium-low, and simmer until tender, 30 to 40 minutes. Meanwhile, heat the oil in a large pot over medium-low heat. Add the onions, salt, and pepper. Cover and cook until the onions have softened, 5 to 7 minutes. Add the carrot and celery and cook, covered, for 6 minutes more. Add the mushrooms, increase heat to medium-high, and cook, covered, until they release their juices, about 4 minutes. Add the broth, bay leaves, and thyme and simmer, uncovered, for 10 minutes. Stir in the cooked barley and cook for 5 minutes more. Remove and discard the bay leaves. If desired, season with additional salt and pepper and serve with the sourdough toast.

## Nutrition Per Serving

Calories 320.39 (24% from Fat) • Fat 8.53g (Sat 1.53g) • Protein 16.97mg • Cholesterol 0mg  
Calcium 58.1mg • Sodium 271.47mg • Fiber 11.26g • Carbohydrate 49.96g • Iron 3.29mg

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## MEMO