Recipe of the Week

Mushroom Barley Soup

Ingredients:
- 1 tablespoon oil
- 1 onion (chopped)
- 2 celery stalks (sliced thin)
- 2 carrots (peeled and sliced thin)
- 2 cups mushrooms (sliced)
- 1/2 cup barley, quick cooking
- 1 teaspoon garlic powder
- 1/2 teaspoon thyme (ground)
- 3 cups chicken broth (low sodium)
- 2 cups water
- 1 tablespoon parsley (chopped fresh)

Directions:
2. Add the rest of the ingredients except for the parsley and bring to a boil.
3. Lower heat to a simmer and cook until the barley is tender, about 20 minutes.
4. Sprinkle parsley on top of soup and serve hot.

Serves 4

Nutrition: 170 calories, 5 g fat, 26 g carbohydrate, 6 g fiber, 8 g protein, 100 mg sodium

Source: What’s Cooking? USDA Mixing Bowl

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