



*Simple,
Seasonal,
Sustainable*

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:

1. Heat oil in large soup pot over high heat. Sauté onion, celery, carrots and mushrooms until golden, about 4 minutes.
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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