

## Soup

### Mushroom and Barley Soup

Barley adds fiber and a rich flavor to soup.

Servings: 6; Serving size 1 cup

#### Ingredients

1/2 cup barley  
6 cups water  
1 large carrot, diced  
2 cups diced celery  
2 bay leaves  
1/4 cup minced fresh parsley  
1 tsp dried thyme  
1 medium onion, diced  
2 Tbsp olive oil  
1/2 lb mushrooms, sliced  
1 garlic clove, minced  
2 Tbsp lite soy sauce  
2 Tbsp fresh lemon juice  
Fresh ground pepper

#### Preparation

1. Place barley and water in a 2-quart saucepan; bring to a boil. Reduce heat and let simmer; add carrot, celery, bay leaves, parsley, and thyme.
2. Return to a boil, reduce the heat, cover, and let simmer for 1 hour. When the barley has been cooking for about 45 minutes, use a small skillet to sauté the onion in the olive oil for about 5 minutes.
3. Add the mushroom and sauté until tender. Add the mushroom mixture to the barley, along with the remaining ingredients. Continue to simmer for 10 more minutes.

#### Nutrition Information

Exchanges/Choices

1 1/2 Starch

1/2 Fat

Calories 140

Calories from Fat 45

Total Fat 5 g

Saturated Fat 1 g

Cholesterol 0 mg

Sodium 262 mg

Total Carbohydrate 22 g

Dietary Fiber 5 g

Sugars 5 g

Protein 3 g