



Creamy Beef Mushroom Barley Soup in a Slow Cooker

 Dairy Free

READY IN



385 min.

SERVINGS



14

CALORIES



218 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 16 ounces barley
- 5 cups beef broth
- 0.5 teaspoon celery seed
- 1 teaspoon parsley dried
- 1 cup mushroom caps dried
- 4 cloves garlic chopped
- 1 pound ground beef

- 1 teaspoon ground pepper black
- 1 teaspoon salt
- 1 onion diced sweet

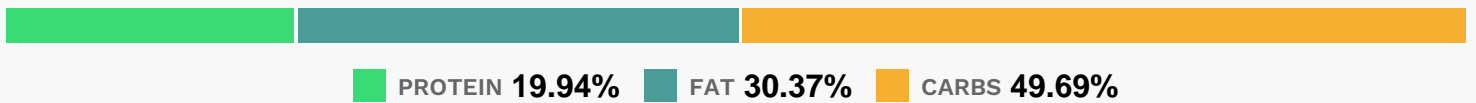
Equipment

- food processor
- frying pan
- slow cooker

Directions

- Cook and stir ground beef in a large skillet over medium heat until crumbly, evenly browned, and no longer pink, 7 to 10 minutes.
- Drain excess grease, and transfer beef to a slow cooker.
- Place shiitake mushrooms into a food processor and pulse several times to cut the mushrooms into small pieces.
- Stir shiitake mushrooms, beef broth, barley, sweet onion, garlic, black pepper, salt, celery seed, and parsley with the ground beef in the slow cooker.
- Cook on Low for 5 hours.
- Stir heavy cream and green beans into the soup and cook 1 hour more.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:6.65, Inflammation Score:-4, Nutrition Score:11.541739134037%

Flavonoids

Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg

Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

Nutrients (% of daily need)

Calories: 218.41kcal (10.92%), Fat: 7.48g (11.51%), Saturated Fat: 2.75g (17.16%), Carbohydrates: 27.54g (9.18%), Net Carbohydrates: 21.43g (7.79%), Sugar: 1.5g (1.67%), Cholesterol: 23mg (7.67%), Sodium: 513.03mg (22.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.05g (22.1%), Manganese: 0.72mg (36.1%), Selenium: 18.85µg (26.93%), Fiber: 6.11g (24.45%), Vitamin B3: 3.85mg (19.27%), Zinc: 2.45mg (16.35%), Phosphorus: 162.09mg (16.21%), Vitamin B1: 0.24mg (16.18%), Copper: 0.3mg (15.16%), Magnesium: 55.89mg (13.97%), Vitamin B6: 0.28mg (13.9%), Vitamin B12: 0.75µg (12.56%), Iron: 2.1mg (11.67%), Vitamin B2: 0.19mg (11.18%), Potassium: 345.59mg (9.87%), Vitamin B5: 0.74mg (7.39%), Folate: 18.91µg (4.73%), Calcium: 30.25mg (3.02%), Vitamin E: 0.33mg (2.17%), Vitamin C: 1.49mg (1.81%), Vitamin K: 1.71µg (1.63%)