



French Onion Soup with Beef and Barley

READY IN



45 min.

SERVINGS



6

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.5 ounce beef consomme canned
- ☐ 3 inch diagonally bread baguette french cut
- ☐ 1 teaspoon brown sugar
- ☐ 3 cups button mushrooms sliced
- ☐ 1 tablespoon sesame oil dark divided
- ☐ 0.5 ounce mushroom caps dried
- ☐ 0.3 cup cooking sherry dry
- ☐ 2 teaspoons ginger fresh peeled chopped
- ☐ 4 garlic cloves minced

- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 2 medium onions cut into 8 wedges (4 cups)
- ☐ 0.7 cup pearl barley uncooked
- ☐ 0.5 cup shallots chopped
- ☐ 12 ounce rump steak boneless lean cut into 2-inch strips
- ☐ 3 ounces swiss cheese shredded
- ☐ 1 cup water boiling
- ☐ 4 cups water

Equipment

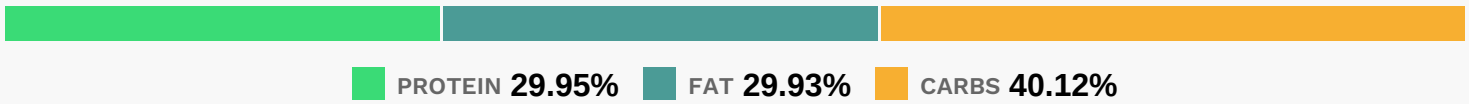
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ broiler
- ☐ dutch oven
- ☐ colander

Directions

- ☐ Combine boiling water and shiitakes in a bowl; cover and let stand 30 minutes.
- ☐ Drain the shiitakes in a colander over a bowl, reserving liquid. Slice shiitakes, discarding stems.
- ☐ Heat 2 teaspoons oil in a large Dutch oven over medium-high heat.
- ☐ Add onion, shallots, ginger, and garlic; saut 10 minutes or until lightly browned.
- ☐ Add the shiitakes, button mushrooms, sugar, and beef. Saut 10 minutes, scraping pan to loosen browned bits.
- ☐ Add reserved mushroom liquid, 4 cups water, and the next 4 ingredients (water through consomm); bring to a boil. Cover, reduce heat, and simmer 50 minutes or until barley is tender. Stir in 1 teaspoon sesame oil.
- ☐ Preheat broiler.

- ☐
- Ladle 1 1/2 cups soup into each of 6 ovenproof soup bowls; top each serving with 2 bread slices and 2 tablespoons cheese. Broil 3 inches from heat 1 minute or until cheese melts.
- ☐
- Serve immediately.
- ☐
- Note: This soup will freeze well for up to two months.
- ☐
- Pour into an airtight container, leaving enough room for expansion (usually an inch or two at the top). To reheat, thaw completely in the refrigerator; then place contents in a saucepan over low heat, adding some liquid if necessary.

Nutrition Facts



Properties

Glycemic Index:39.11, Glycemic Load:2.53, Inflammation Score:-6, Nutrition Score:18.432173972544%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg

Nutrients (% of daily need)

Calories: 303.27kcal (15.16%), Fat: 10.05g (15.47%), Saturated Fat: 4.05g (25.32%), Carbohydrates: 30.32g (10.11%), Net Carbohydrates: 24.69g (8.98%), Sugar: 5.17g (5.75%), Cholesterol: 47.77mg (15.92%), Sodium: 556.62mg (24.2%), Alcohol: 1.03g (100%), Alcohol %: 0.28% (100%), Protein: 22.63g (45.26%), Selenium: 34.14µg (48.76%), Vitamin B3: 7.97mg (39.83%), Phosphorus: 343.88mg (34.39%), Vitamin B6: 0.64mg (32.18%), Manganese: 0.56mg (27.94%), Zinc: 4.15mg (27.64%), Copper: 0.49mg (24.66%), Vitamin B2: 0.4mg (23.68%), Fiber: 5.63g (22.54%), Vitamin B12: 1.16µg (19.28%), Vitamin B5: 1.9mg (18.95%), Potassium: 649.98mg (18.57%), Calcium: 183.96mg (18.4%), Magnesium: 61.37mg (15.34%), Iron: 2.4mg (13.33%), Folate: 45.27µg (11.32%), Vitamin B1: 0.17mg (11.16%), Vitamin C: 6.04mg (7.32%), Vitamin A: 124.27IU (2.49%), Vitamin E: 0.37mg (2.45%), Vitamin K: 2.18µg (2.08%), Vitamin D: 0.24µg (1.63%)