



Low 'N Slow Mushroom Barley Soup

 Dairy Free

READY IN



95 min.

SERVINGS



6

CALORIES



143 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 cups beef stock
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons canola oil
- ☐ 1 carrots finely chopped
- ☐ 1 stalk celery finely chopped
- ☐ 3 cloves garlic minced
- ☐ 1 onion finely chopped
- ☐ 1 teaspoon oregano dried

- ☐ 0.3 cup pearl barley
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon tomato paste
- ☐ 1 cup water boiling
- ☐ 6 cups mushrooms white halved
- ☐ 1 tablespoon worcestershire sauce

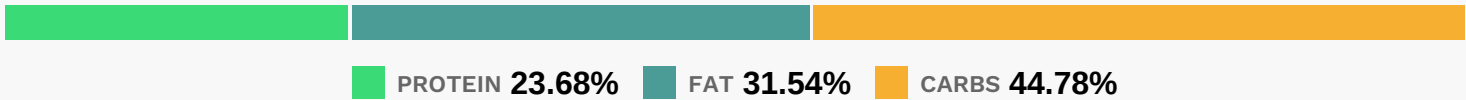
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine pearl barley and boiling water in a bowl; set aside to soak for 10 minutes.
- ☐ Heat canola oil in a large saucepan over medium heat. Cook and stir onion, celery, and carrot in hot oil until softened, 5 to 7 minutes.
- ☐ Stir mushrooms into the onion mixture; cook and stir until softened and brown, about 5 minutes.
- ☐ Drain the barley, discarding any remaining water from soaking. Stir the barley into the mushroom mixture.
- ☐ Stir the garlic and tomato paste into the mixture, stir until combined, then pour the beef stock into the sauce pan. Season with the oregano, salt, black pepper, and Worcestershire sauce.
- ☐ Bring the soup to a boil, reduce heat to low, and cook at a simmer for 1 hour.

Nutrition Facts



Properties

Glycemic Index:41.64, Glycemic Load:1.77, Inflammation Score:-9, Nutrition Score:14.55869560138%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 143.25kcal (7.16%), Fat: 5.4g (8.31%), Saturated Fat: 0.52g (3.26%), Carbohydrates: 17.25g (5.75%), Net Carbohydrates: 13.96g (5.08%), Sugar: 5.25g (5.83%), Cholesterol: 0mg (0%), Sodium: 747.86mg (32.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.12g (18.24%), Vitamin B2: 0.64mg (37.64%), Vitamin A: 1780.2IU (35.6%), Vitamin B3: 6.21mg (31.07%), Potassium: 911.42mg (26.04%), Copper: 0.5mg (25.25%), Selenium: 15.47µg (22.1%), Phosphorus: 192.82mg (19.28%), Vitamin B6: 0.32mg (16.14%), Vitamin B5: 1.55mg (15.45%), Manganese: 0.27mg (13.59%), Fiber: 3.29g (13.15%), Vitamin B1: 0.2mg (13.12%), Iron: 1.81mg (10.08%), Magnesium: 39.26mg (9.81%), Vitamin K: 9.82µg (9.35%), Folate: 32.26µg (8.07%), Zinc: 1.2mg (8.03%), Vitamin E: 1.12mg (7.48%), Vitamin C: 5.61mg (6.8%), Calcium: 48.81mg (4.88%), Vitamin D: 0.19µg (1.28%)