



Mushroom, Barley, and Beef Soup

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup barley uncooked
- ☐ 12 ounces beef stew meat lean cut into bite-sized pieces
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup carrots finely chopped (1 medium)
- ☐ 0.5 cup celery finely chopped
- ☐ 8 ounces cremini mushrooms sliced
- ☐ 0.3 ounce porcini mushrooms dried
- ☐ 2 tablespoons parsley fresh chopped

- ☐ 2 garlic cloves minced
- ☐ 6 cups less-sodium beef broth divided
- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups onion chopped (1 medium)
- ☐ 0.5 cup parsnips finely chopped (1 small)
- ☐ 0.5 teaspoon salt
- ☐ 2 thyme sprigs
- ☐ 1 cup water boiling
- ☐ 2 cups water

Equipment

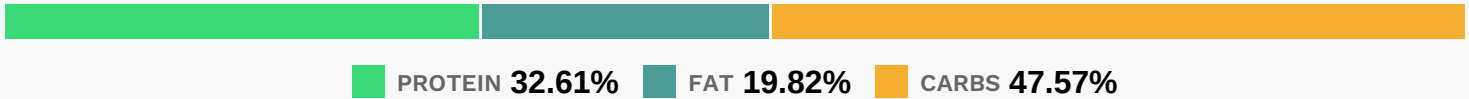
- ☐ bowl
- ☐ frying pan
- ☐ dutch oven
- ☐ colander

Directions

- ☐ Place the porcini mushrooms in a medium bowl; cover with boiling water. Cover and let stand 30 minutes or until tender.
- ☐ Drain mushrooms in a colander over a bowl, reserving liquid. Chop mushrooms; set aside.
- ☐ Heat a Dutch oven over medium-high heat. Coat pan with cooking spray.
- ☐ Add cremini mushrooms and chopped onion; saut 10 minutes or until lightly browned. Spoon onion mixture into a medium bowl. Recoat pan with cooking spray.
- ☐ Add chopped carrot, celery, parsnip, and minced garlic; saut 4 minutes or until lightly browned.
- ☐ Add carrot mixture to onion mixture in a bowl.
- ☐ Heat oil in pan over medium-high heat.
- ☐ Add beef; cook 3 minutes, browning on all sides.
- ☐ Add 1 cup broth to pan, scraping pan to loosen browned bits.

- ☐
- Add remaining 5 cups broth, chopped porcini, porcini liquid, onion mixture, 2 cups water, salt, pepper, and thyme. Bring to a boil; cover, reduce heat to medium–low, and simmer 1 hour or until beef is just tender.
- ☐
- Discard thyme sprigs. Stir in barley; cover and cook 30 minutes or until barley is al dente. Uncover and cook an additional 15 minutes.
- ☐
- Remove from heat; sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:55.47, Glycemic Load:8.29, Inflammation Score:-9, Nutrition Score:22.675217237162%

Flavonoids

Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Apigenin: 3.13mg, Apigenin: 3.13mg, Apigenin: 3.13mg, Apigenin: 3.13mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 8.31mg, Quercetin: 8.31mg, Quercetin: 8.31mg, Quercetin: 8.31mg

Nutrients (% of daily need)

Calories: 267.76kcal (13.39%), Fat: 6.04g (9.29%), Saturated Fat: 1.48g (9.22%), Carbohydrates: 32.6g (10.87%), Net Carbohydrates: 25.14g (9.14%), Sugar: 3.79g (4.21%), Cholesterol: 35.15mg (11.72%), Sodium: 695.36mg (30.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.35g (44.71%), Selenium: 38.23µg (54.62%), Manganese: 0.84mg (42.23%), Vitamin A: 1956.01IU (39.12%), Vitamin B3: 7.13mg (35.67%), Potassium: 1170mg (33.43%), Vitamin B6: 0.61mg (30.73%), Fiber: 7.46g (29.83%), Vitamin K: 31.31µg (29.82%), Phosphorus: 279.71mg (27.97%), Zinc: 3.93mg (26.2%), Copper: 0.52mg (26.1%), Vitamin B2: 0.41mg (24.11%), Vitamin B1: 0.33mg (22.06%), Vitamin B12: 1.09µg (18.11%), Magnesium: 71.56mg (17.89%), Iron: 2.82mg (15.68%), Vitamin B5: 1.34mg (13.38%), Folate: 46.88µg (11.72%), Vitamin C: 8.39mg (10.18%), Vitamin E: 0.96mg (6.42%), Calcium: 56.96mg (5.7%)