



Mushroom Barley Soup



Vegetarian



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup barley
- ☐ 2 bay leaves
- ☐ 0.3 teaspoon pepper black
- ☐ 20 ounces button mushrooms sliced
- ☐ 1 large carrots diced
- ☐ 2 celery stalks diced
- ☐ 8 sprigs thyme leaves fresh
- ☐ 0.5 teaspoon kosher salt

- ☐ 5 cups chicken broth low-sodium
- ☐ 1.5 tablespoons olive oil
- ☐ 2 medium onions diced yellow

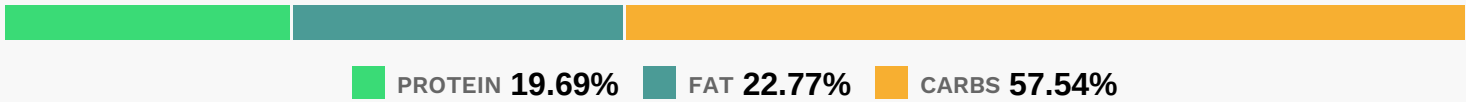
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ In a medium pan, bring the barley and 4 cups of water to a boil. Cover, reduce heat to medium-low, and simmer until tender, 30 to 40 minutes. Meanwhile, heat the oil in a large pot over medium-low heat.
- ☐ Add the onions, salt, and pepper. Cover and cook until the onions have softened, 5 to 7 minutes.
- ☐ Add the carrot and celery and cook, covered, for 6 minutes more.
- ☐ Add the mushrooms, increase heat to medium-high, and cook, covered, until they release their juices, about 4 minutes.
- ☐ Add the broth, bay leaves, and thyme and simmer, uncovered, for 10 minutes. Stir in the cooked barley and cook for 5 minutes more.
- ☐ Remove and discard the bay leaves. If desired, season with additional salt and pepper and serve with the sourdough toast.Tip: If you have a few minutes to spare, bring out the barley's nutty flavor by sauteeing the uncooked grain with 1 tablespoon of olive oil or butter over medium heat for a few minutes before adding the water.

Nutrition Facts



Properties

Glycemic Index:62.71, Glycemic Load:12.15, Inflammation Score:-10, Nutrition Score:26.586956361066%

Flavonoids

Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.21mg, Quercetin: 11.21mg, Quercetin: 11.21mg, Quercetin: 11.21mg

Nutrients (% of daily need)

Calories: 319.78kcal (15.99%), Fat: 8.7g (13.39%), Saturated Fat: 1.59g (9.92%), Carbohydrates: 49.49g (16.5%), Net Carbohydrates: 38.32g (13.93%), Sugar: 6.77g (7.52%), Cholesterol: 0mg (0%), Sodium: 408.33mg (17.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.93g (33.87%), Vitamin A: 3126.08IU (62.52%), Vitamin B3: 11.56mg (57.81%), Manganese: 1.11mg (55.72%), Vitamin B2: 0.83mg (48.57%), Fiber: 11.17g (44.69%), Selenium: 30.83µg (44.05%), Copper: 0.87mg (43.69%), Phosphorus: 356.95mg (35.69%), Potassium: 1069.7mg (30.56%), Vitamin B1: 0.45mg (30.05%), Vitamin B5: 2.38mg (23.83%), Magnesium: 88.25mg (22.06%), Vitamin B6: 0.42mg (21.19%), Iron: 3.57mg (19.85%), Zinc: 2.49mg (16.57%), Vitamin C: 11.4mg (13.81%), Folate: 48.44µg (12.11%), Vitamin E: 1.17mg (7.79%), Vitamin K: 7.56µg (7.2%), Calcium: 59.93mg (5.99%), Vitamin B12: 0.35µg (5.86%), Vitamin D: 0.28µg (1.89%)