



Mushroom Barley Soup



Vegetarian



Vegan



Dairy Free



Popular

READY IN



150 min.

SERVINGS



6

CALORIES



296 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bay leaves
- ☐ 1 cup carrots peeled chopped
- ☐ 1 cup celery chopped
- ☐ 0.3 cup olive oil extra virgin divided
- ☐ 6 servings hot-brewed coffee
- ☐ 2 cloves garlic crushed
- ☐ 6 mushrooms dried
- ☐ 1 large onion chopped

- ☐ 1.3 cups quick-cooking barley
- ☐ 6 servings salt and pepper
- ☐ 12 cups veggie broth low sodium (okay)
- ☐ 1 lb mushrooms white scrubbed sliced

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ kitchen timer

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Mushroom Barley Soup
- ☐ Ingredients3 qts (12 cups) chicken or mushroom stock (low sodium okay)1 1/4 cups pearl barley2 bay leaves6 dried shitake mushrooms1/4 cup extra virgin olive oil, divided1 large onion, chopped1 cup chopped celery, including leaves1 cup peeled and chopped carrots2 cloves crushed garlic1 lb white mushrooms, scrubbed and sliced
- ☐ Salt and pepper
- ☐ You will also need
- ☐ Large stock pot, timer, small saucepan, skillet, paper coffee filter or clean mesh coffee filter
- ☐ Prep Time: 15 Minutes
- ☐ Cook Time: 2 Hours 15 Minutes
- ☐ Total Time: 2 Hours 30 Minutes
- ☐ Servings: 6-8
- ☐ Kosher Key: Meat or Pareve depending on stock

Nutrition Facts



Properties

Glycemic Index:40.81, Glycemic Load:4.76, Inflammation Score:-10, Nutrition Score:20.45260898445%

Flavonoids

Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg
Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Apigenin: 0.49mg,
Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg,
Luteolin: 0.22mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg
Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.15mg, Myricetin:
0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 5.32mg, Quercetin: 5.32mg, Quercetin: 5.32mg, Quercetin:
5.32mg

Nutrients (% of daily need)

Calories: 295.83kcal (14.79%), Fat: 9.97g (15.34%), Saturated Fat: 1.42g (8.89%), Carbohydrates: 46.75g (15.58%),
Net Carbohydrates: 37.97g (13.81%), Sugar: 8.53g (9.48%), Cholesterol: 0mg (0%), Sodium: 2116.6mg (92.03%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 94.8mg (31.6%), Protein: 8.02g (16.05%), Vitamin A: 4652.45IU
(93.05%), Vitamin B2: 0.64mg (37.76%), Manganese: 0.75mg (37.52%), Selenium: 24.96µg (35.65%), Fiber: 8.78g
(35.11%), Vitamin B3: 6.12mg (30.61%), Copper: 0.51mg (25.61%), Vitamin B5: 2.29mg (22.87%), Phosphorus:
201.73mg (20.17%), Potassium: 689.65mg (19.7%), Vitamin B1: 0.22mg (14.75%), Vitamin B6: 0.29mg (14.75%),
Magnesium: 55.84mg (13.96%), Vitamin K: 14.44µg (13.75%), Folate: 45.53µg (11.38%), Zinc: 1.56mg (10.41%), Vitamin
E: 1.53mg (10.2%), Iron: 1.78mg (9.87%), Vitamin C: 5.97mg (7.23%), Calcium: 41.51mg (4.15%), Vitamin D: 0.19µg
(1.27%)