



Mushroom Barley Soup

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



87 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.8 cups beef broth fat-free low-sodium
- ☐ 0.3 teaspoon pepper black
- ☐ 2 carrots chopped
- ☐ 2 rib celery cut into 1/3-inch dice
- ☐ 0.3 cup porcini dried
- ☐ 2 tablespoons medium-dry sherry
- ☐ 1 leaf garnish: flat parsley fresh chopped
- ☐ 1 large leek white green halved lengthwise thinly sliced (and pale parts only)

- ☐ 1 tablespoon olive oil
- ☐ 1 large onion chopped
- ☐ 0.3 cup quick-cooking barley
- ☐ 1.5 teaspoons salt
- ☐ 0.5 lb shiitakes fresh thinly sliced
- ☐ 2 tablespoons tomato paste
- ☐ 7 cups water

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ sieve
- ☐ colander

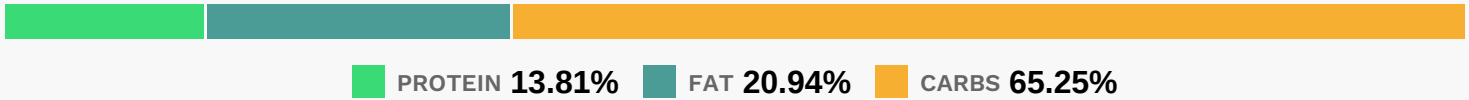
Directions

- ☐ Simmer barley in 3 1/2 cups water in a 5- to 6-quart heavy pot, uncovered, until almost tender, 10 to 15 minutes.
- ☐ Drain in a colander.
- ☐ While barley is cooking, soak porcini in 1/2 cup water in a small bowl until softened, about 20 minutes.
- ☐ Drain in a sieve lined with a dampened paper towel set over a bowl, reserving liquid. Rinse porcini to remove any grit, then coarsely chop. Wash sliced leek in a bowl of water, then lift from water and drain in sieve.
- ☐ Heat oil in cleaned pot over moderately high heat until hot but not smoking, then sauté onion and celery, stirring occasionally, until golden, 6 to 8 minutes.
- ☐ Add carrots, shiitakes, leek, and porcini and sauté, stirring frequently, until liquid mushrooms give off is evaporated and mushrooms are golden, 4 to 6 minutes.
- ☐ Stir in tomato paste, Sherry, beef broth, mushroom soaking liquid, barley, salt, pepper, and remaining 3 cups water and bring to a boil. Reduce heat and simmer, uncovered, stirring occasionally, until vegetables and barley are tender, 10 to 15 minutes. Season with salt and

- pepper.
- ☐
- Soup can be made 3 days ahead. Cool, uncovered, then chill, covered. Reheat soup and thin with water as necessary.

☐☐

Nutrition Facts



Properties

Glycemic Index:36.73, Glycemic Load:1.99, Inflammation Score:-9, Nutrition Score:8.7643478124038%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

Nutrients (% of daily need)

Calories: 87.44kcal (4.37%), Fat: 2.11g (3.24%), Saturated Fat: 0.29g (1.79%), Carbohydrates: 14.76g (4.92%), Net Carbohydrates: 11.52g (4.19%), Sugar: 3.24g (3.6%), Cholesterol: 0mg (0%), Sodium: 591.64mg (25.72%), Alcohol: 0.39g (100%), Alcohol %: 0.14% (100%), Protein: 3.12g (6.25%), Vitamin A: 2808.32IU (56.17%), Manganese: 0.31mg (15.56%), Fiber: 3.24g (12.97%), Vitamin K: 11.25µg (10.71%), Potassium: 369.64mg (10.56%), Copper: 0.2mg (9.86%), Vitamin B3: 1.95mg (9.76%), Vitamin B6: 0.19mg (9.68%), Selenium: 5.6µg (8%), Vitamin B5: 0.73mg (7.3%), Phosphorus: 71.64mg (7.16%), Vitamin B2: 0.11mg (6.26%), Magnesium: 24.56mg (6.14%), Vitamin C: 4.7mg (5.7%), Folate: 21.42µg (5.35%), Iron: 0.82mg (4.53%), Zinc: 0.67mg (4.48%), Vitamin E: 0.63mg (4.23%), Vitamin B1: 0.05mg (3.4%), Calcium: 27.81mg (2.78%)