



Mushroom-Barley Soup with Cannellini Beans and Cabbage

 Vegetarian  Vegan  Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



136 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 servings pepper black freshly ground to taste
- 6 ounces crimini mushrooms halved sliced
- 12 ounces cabbage shredded
- 16 ounces .5 can cannellini beans drained (1 can)
- 2 tablespoons sherry dry
- 2 teaspoons thyme dried fresh minced (or 1 tsp.)
- 3 cloves garlic minced

- 1 tablespoon juice of lemon
- 2 medium onion diced
- 0.5 teaspoon pimenton de la vera smoked (agridulce or pimenton de la Vera)
- 0.3 cup quick-cooking barley gluten-free (consider using buckwheat or brown rice if you are)
- 6 servings salt to taste
- 0.5 teaspoon paprika smoked (mild)
- 4 cups vegetable stock
- 4 cups water

Equipment

- frying pan
- pot
- pressure cooker

Directions

- Place the barley in a pressure cooker or large soup pot, add the vegetable broth, and bring to a boil. If pressure cooking, lock the lid in place and bring to high pressure; cook under pressure for 18 minutes. Bring pressure down with a quick release method. If cooking in a regular soup pot, lower the heat and simmer, covered, for 30 to 40 minutes. While the barley is cooking, cook the onion in a non-stick skillet over medium-high heat until it softens and begins to brown; adding a pinch of baking soda will speed up the browning. Once it's beginning to brown, add the garlic and mushrooms and a little salt and pepper, reduce the heat, cover, and cook, stirring regularly, until mushrooms soften, about 3 to 4 minutes.
- Add the thyme and sherry and cook until the alcohol cooks off. Once the barley is cooked, add the mushrooms to the pot along with the sliced cabbage and paprika. If there are dried bits in the skillet, use a little of the water to deglaze it, and add that and the remainder of the 4 cups of water to the pot too.
- Add the cannellini beans and simmer, covered, for about 30 minutes, until the cabbage is tender, adding extra water if it gets too thick. Stir in the lemon juice just before serving and add more salt and pepper to taste.

Nutrition Facts



■ PROTEIN 19.16% ■ FAT 1.86% ■ CARBS 78.98%

Properties

Glycemic Index:34.67, Glycemic Load:2.66, Inflammation Score:-7, Nutrition Score:11.901739111413%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg

Nutrients (% of daily need)

Calories: 135.67kcal (6.78%), Fat: 0.31g (0.47%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 29.18g (9.73%), Net Carbohydrates: 21.74g (7.91%), Sugar: 5.42g (6.02%), Cholesterol: 0mg (0%), Sodium: 1008.58mg (43.85%), Alcohol: 0.51g (100%), Alcohol %: 0.12% (100%), Protein: 7.08g (14.15%), Vitamin K: 49.66µg (47.29%), Vitamin C: 25.07mg (30.39%), Fiber: 7.44g (29.74%), Manganese: 0.36mg (18.23%), Selenium: 11.15µg (15.93%), Iron: 2.83mg (15.7%), Copper: 0.24mg (11.97%), Vitamin B2: 0.19mg (11.11%), Vitamin A: 536.84IU (10.74%), Folate: 42.01µg (10.5%), Calcium: 99.83mg (9.98%), Vitamin B6: 0.2mg (9.93%), Potassium: 323.53mg (9.24%), Vitamin B3: 1.71mg (8.54%), Phosphorus: 83.06mg (8.31%), Vitamin B1: 0.1mg (6.73%), Vitamin B5: 0.64mg (6.36%), Magnesium: 23.66mg (5.92%), Zinc: 0.73mg (4.87%), Vitamin E: 0.24mg (1.6%)