



Slow Cooker 5-Mushroom Barley Soup

READY IN



500 min.

SERVINGS



6

CALORIES



250 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup barley
- 4 cups beef broth
- 0.5 cup brown beech mushrooms chopped
- 0.5 cup carrots diced
- 0.5 cup celery diced
- 10.8 ounce cream of mushroom soup canned
- 0.3 cup mushroom caps dried
- 1 tablespoon garlic finely chopped
- 1 cup milk

- 0.3 cup mushrooms dried black
- 2 tablespoons olive oil
- 1 cup onion diced
- 0.5 cup oyster mushrooms chopped
- 0.5 teaspoon salt
- 3 cups water
- 6 ounce mushrooms white sliced
- 0.5 teaspoon ground peppercorns mixed

Equipment

- slotted spoon
- slow cooker

Directions

- Heat water in a slow cooker set to High until hot; add barley, beef broth, milk, olive oil, onion, celery, carrot, garlic, white mushrooms, brown beech mushrooms, oyster mushrooms, shiitake mushrooms, black mushrooms, cream of mushroom soup, salt, and ground mixed peppercorns to the slow cooker.
- Cover and cook on High for 1 hour.
- Remove shiitake mushrooms with a slotted spoon and chop into 1/2-inch pieces. Reduce heat setting to Low and continue cooking 7 hours more.

Nutrition Facts



PROTEIN 17.61% **FAT 29.52%** **CARBS 52.87%**

Properties

Glycemic Index:50.97, Glycemic Load:8.25, Inflammation Score:-9, Nutrition Score:17.271739171899%

Flavonoids

Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.22mg,

Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg

Nutrients (% of daily need)

Calories: 249.78kcal (12.49%), Fat: 8.49g (13.06%), Saturated Fat: 2.38g (14.89%), Carbohydrates: 34.2g (11.4%), Net Carbohydrates: 27.13g (9.87%), Sugar: 4.82g (5.35%), Cholesterol: 7.42mg (2.47%), Sodium: 1193.13mg (51.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.39g (22.79%), Manganese: 0.94mg (46.96%), Vitamin A: 1898.49IU (37.97%), Fiber: 7.07g (28.29%), Selenium: 19.13µg (27.33%), Vitamin B3: 5.25mg (26.26%), Copper: 0.51mg (25.57%), Vitamin B2: 0.43mg (25.13%), Phosphorus: 220.72mg (22.07%), Vitamin B1: 0.3mg (20.18%), Potassium: 633.02mg (18.09%), Magnesium: 65.72mg (16.43%), Vitamin B6: 0.29mg (14.43%), Vitamin B5: 1.38mg (13.85%), Zinc: 2.07mg (13.78%), Iron: 2.22mg (12.35%), Calcium: 94.94mg (9.49%), Folate: 34.43µg (8.61%), Vitamin K: 8.21µg (7.82%), Vitamin B12: 0.43µg (7.2%), Vitamin E: 0.97mg (6.5%), Vitamin C: 4mg (4.85%), Vitamin D: 0.61µg (4.09%)