

Mushroom and Barley Soup



Indulge in a comforting blend of earthy mushrooms and hearty barley, simmered to perfection. Easy to make and full of wholesome ingredients, this soup will warm your soul with every spoonful!

Preparation 5 min

Cooking 40 min

Servings 3-4

Nutrition Facts (per serving)

Calories 215

Fat 1

Carbohydrates 41

Fibre 6

Protein 12

Sodium 100

Ingredients

- 125 ml (1/2 cup) pearled barley
- 60 ml (1/4 cup) dried mushrooms, coarsely chopped
- 60 ml (1/4 cup) sodium-reduced chicken broth powder
- 60 ml (1/4 cup) yellow split peas
- 60 ml (1/4 cup) dry textured vegetable protein (TVP)
- 60 ml (1/4 cup) wild rice

- 5 ml (1 tsp) garlic salt
- 5 ml (1 tsp) onion salt

Preparation

1. In a 500 mL (2 cup) canning jar, pour all ingredients, one after the other, to create layers.
2. In a large saucepan, combine contents of jar with 2 liters (8 cups) of water and vegetables (fresh or frozen), if desired.
3. Bring to a boil. Cover and simmer for about 40 minutes or until legumes and grains are tender. Adjust the seasoning. The next day, add broth if necessary if it is too thick.

Notes



Catherine Clément-Dumas – Nutritionniste Diététiste à Vaudreuil et Valleyfield
Registered Dietitian Nutritionist in Vaudreuil-Dorion