

Mushroom Barley Soup

Yield 4 servings

Ingredients

1 tablespoon	oil
1	onion (chopped)
2	celery stalk (sliced thin)
2	carrot (peeled and sliced thin)
2 cups	mushroom (sliced)
1/2 cup	barley, quick cooking
1 teaspoon	garlic powder
1/2 teaspoon	thyme (ground)
3 cups	chicken broth (low sodium)
2 cups	water
1 tablespoon	parsley (chopped fresh)

Instructions

1. Heat oil in large soup pot over high heat. Sauté onion, celery, carrots and mushrooms until golden, about 4 minutes.
2. Add the rest of the ingredients except for the parsley and bring to a boil.
3. Lower heat to a simmer and cook until the barley is tender, about 20 minutes.
4. Sprinkle parsley on top of soup and serve hot.

Cost

Per recipe: \$3.75

Per serving: \$0.94

Source

Food and Health Communications, Inc., Cooking Demo II, p.155

Nutrition Facts	
Serving Size 1 1/2 cups, 1/4 of recipe (430g)	
Servings Per Container 4	
Amount Per Serving	
Calories 170	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 26g	9%
Dietary Fiber 6g	24%
Sugars 4g	
Protein 8g	
Vitamin A 110%	Vitamin C 10%
Calcium 4%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	