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Low Sodium Mushroom Barley Soup

Serves 4 to 6

Ingredients:

¼ cup Olive Oil
1 cup chopped onion
¾ cup diced carrots
½ cup chopped celery
1 tsp garlic, minced
1 lb. fresh mushroom, sliced
6 cups low sodium chicken or low sodium vegetable broth
¾ cup barley
½ tsp sea salt
fresh ground black pepper to taste

Preparation:

1. Heat the oil in a large soup pot over medium heat. Add the onion, carrots, celery, and garlic. Cook and stir until the onions are tender and transparent.
2. Stir in mushrooms and continue to cook until after they have released their liquid.
3. Pour in broth and add barley. Bring to a boil, then reduce heat to low. Cover and simmer until barley is tender, about 50 minutes.
4. Season with salt and pepper before serving.



Food Fairy Note:

Adapted from: *Very Easy Mushroom Barley Soup*, Allrecipes.com