

Eat Smart • Move More

Mushroom Barley Soup

Prep Time: 10 minutes

Total Time: 40 minutes



Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 8 ounces mushrooms, sliced
- 2 celery stalks, chopped
- 2 carrots, sliced
- 2 cups water
- ½ cup pearled barley
- 3 low-sodium bouillon cubes
- 1 teaspoon garlic powder
- ½ teaspoon ground thyme

Directions

- Heat oil in a soup pot over medium heat. Add onion, mushrooms, celery, and carrots to the pot and cook for 5 minutes or until vegetables are tender.
- Add water, barley, bouillon cubes, garlic powder, and thyme to the pot. Bring to a boil, cover, and simmer for about 30 minutes, until barley is done.

Nutrition Facts

4 servings per container

Serving size **1 serving**
(453.38g)

Amount per serving
Calories 170

% Daily Value*

Total Fat 4.5g **6%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 80mg **3%**

Total Carbohydrate 29g **11%**

Dietary Fiber 6g **21%**

Total Sugars 4g

Includes g of Added Sugars

Protein 5g

Vitamin D 0mcg **0%**

Calcium 51mg **4%**

Iron 1mg **8%**

Potassium 433mg **10%**

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ Substitute 8 cloves of minced garlic for 1 teaspoon garlic powder.
- ▶ Serve alongside our Side Salad, Winter Greens Salad, or Spinach, Cheddar, and Apple Salad.
- ▶ Always wash your produce before to cutting!

Follow us | Like us



www.eatsmartmovemoreva.org

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This work was supported by the USDA National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

 **Virginia Cooperative Extension**
Virginia Tech • Virginia State University

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.

(Recipe adapted from Food and Health Communications, Inc., Cooking Demo II, as listed at: <https://whatscooking.fns.usda.gov>.)

www.eatsmartmovemoreva.org