

Mushroom-Barley Soup

Integrated Marketing Services - Apopka, FL

Servings: 6

Preparation Time: 20 minutes

Cook time: 35 minutes

1 tablespoon unsalted butter
1 1/2 cups celery, sliced
1 1/2 cups carrots, sliced
1 1/4 cups onion, diced
1 pound fresh mushrooms, sliced
1 clove garlic, minced
4 cups low-sodium, fat-free vegetable broth or beef broth
3 tablespoons tomato paste
3/4 cup quick-cooking barley
3 tablespoons fresh Italian flat-leaf parsley, chopped

In a large, heavy-bottomed pot, melt the butter over medium heat.

Add the celery, carrots and onion. Cook and stir for 3 minutes.

Add the mushrooms and garlic. Cook and stir for 3 minutes.

Stir in the broth, one cup of water, tomato paste, salt and pepper to taste. Bring to a boil.

Stir in the barley.

Reduce the heat to low. Cover and simmer for 30 minutes or until the barley is tender.

Stir in the parsley and serve.

Per Serving (excluding unknown items): 74 Calories; 2g Fat (26.2% calories from fat); 3g Protein; 12g Carbohydrate; 3g Dietary Fiber; 5mg Cholesterol; 106mg Sodium. Exchanges: 2 1/2 Vegetable; 1/2 Fat.