

Turkey Barley Mushroom Soup

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Palm Beach Post

Servings: 8

1/2 ounce dried mixed mushrooms, soaked in two cups of boiling water for 30 minutes

2 tablespoons olive oil

3 leeks, white and green parts only,, thoroughly washed and coarsely chopped

3 large cloves garlic, minced

1/2 cup pearl barley

2 medium carrots, peeled and coarsely chopped

1/2 pound white button mushrooms, coarsely chopped

1/4 pound shitake mushrooms, coarsely chopped

2 (about 1 1/2 pounds) turkey thighs, skinned

8 cups chicken or beef stock

2 teaspoons soy sauce

3 tablespoons parsley, finely chopped

salt

freshly ground black pepper

Drain the dried mushrooms, reserving one cup of the soaking liquid. Squeeze the mushrooms dry. Strain the liquid and set aside.

Cut the mushrooms into 1/4-inch cubes and set aside.

In a large soup pot, heat the oil on medium high heat.

Add the leeks and saute' for 5 to 7 minutes or until nicely softened.

Add the garlic, barley, carrot and fresh mushrooms. Saute' for another minute or until coated.

Add the turkey thighs and stock. Simmer the soup on low heat, covered, for about 1 1/2 hours or until the barley is tender but not mushy.

Remove the turkey thighs from the pot. Discard the skin and cut the meat from the bones. Shred the meat into bite-size pieces and return it to the pot.

Add the strained dried mushroom liquid along with the reserved dried mushrooms to the soup.

Add the soy sauce and parsley and simmer 5 more minutes.

Season to taste with salt and pepper and serve immediately.

Per Serving (excluding unknown items): 136 Calories; 6g Fat (39.5% calories from fat); 9g Protein; 12g Carbohydrate; 3g Dietary Fiber; 21mg Cholesterol; 171mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1/2 Fat.