

Mushroom Barley Soup

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/polish-barley-soup-recipe>

Ingredients:

- 1 cup barley
- 1 tablespoon olive oil
- 1 yellow onion large, chopped
- 2 cloves garlic minced
- 2 carrots peeled and diced
- 2 celery stalks diced
- 1 package white button mushrooms sliced
- 45 ounces low sodium vegetable broth
- 1 cup water
- 2 bay leaves
- 2 tablespoons fresh thyme minced
- salt
- pepper

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 51 grams
3. Fat: 4 grams
4. Fiber: 12 grams
5. Protein: 6 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 420 milligrams
8. Sugar: 6 grams

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