

Barley and Vegetable Soup

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/mushroom-pea-soup-indian-recipe>

Ingredients:

- 1 teaspoon butter
- 1 teaspoon extra-virgin olive oil
- 1 teaspoon garlic
- 2 tablespoons onion
- 2 tablespoons carrots
- 2 tablespoons leek
- 1 potato
- 50 grams mushroom
- 2 tablespoons peas
- 2 bay leaves
- 2 tablespoons white wine
- 3 cups stock
- 2 tablespoons tomato puree
- 3 tablespoons barley
- 1/2 teaspoon smoked paprika
- 1 tablespoon fresh parsley
- salt to taste

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 10 milligrams
4. Fat: 4 grams
5. Fiber: 4 grams
6. Protein: 8 grams
7. SaturatedFat: 1 grams
8. Sodium: 500 milligrams
9. Sugar: 6 grams

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