

# Polish Mushroom Soup with Barley

Yield: 12 min  
Total Time: 50 min

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

## Ingredients:

- 2 ounces dried mushrooms Porcini, Shitake, Morels, etc
- 1 onion medium, minced
- 8 ounces mushrooms baby Bella, Crimini, minced
- 3 large carrots peeled and diced
- 2 celery stalks diced
- 4 tablespoons olive oil
- 1/4 cup flour
- 32 ounces mushroom broth
- 32 ounces low salt chicken broth or vegetable
- 1/2 cup quick cooking barley
- 2 tablespoons fresh dill minced
- 2 tablespoons fresh parsley minced
- 1 cup sour cream
- salt
- ground pepper

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 10 milligrams
4. Fat: 9 grams
5. Fiber: 2 grams
6. Protein: 4 grams
7. SaturatedFat: 3 grams
8. Sodium: 420 milligrams
9. Sugar: 3 grams

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