

Russian Dried Mushroom Soup

Yield: 4 min
Total Time: 70 min

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

Ingredients:

- 2 cups dried mushrooms I used a mix of Porcini and Oyster Mushrooms.
- 5 cups water
- 5 cups vegetable broth
- salt
- pepper
- 1/4 cup barley
- 1 cup potato Cubed
- 1 cup carrot Cubed
- 3 cloves garlic Crushed
- 2 tablespoons olive oil
- 1/2 cup onion Finely Chopped

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 26 grams
3. Fat: 7 grams
4. Fiber: 5 grams
5. Protein: 3 grams
6. SaturatedFat: 1 grams
7. Sodium: 1410 milligrams
8. Sugar: 6 grams

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