

# Slow Cooker Mushroom Barley Soup

Yield: 4 min  
Total Time: 370 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-recipe-chicken-barley-stew>

## Ingredients:

- 1 cup chopped carrots
- 1 cup chopped celery
- 1 cup chopped onion
- 10 ounces crimini mushrooms sliced, about 3 cups
- 1 clove garlic minced
- 1 teaspoon dried thyme
- 1/2 teaspoon kosher salt
- 1/4 teaspoon pepper
- 1/2 cup barley uncooked
- 4 cups chicken beef or vegetable broth
- 2 tablespoons butter

## Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 160 milligrams
4. Fat: 13 grams
5. Fiber: 7 grams
6. Protein: 51 grams
7. SaturatedFat: 6 grams
8. Sodium: 560 milligrams
9. Sugar: 5 grams

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