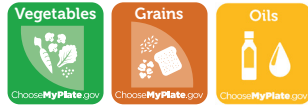


# Eat Smart • Move More

## Mushroom Barley Soup

Prep Time: 10 minutes

Total Time: 40 minutes



### Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 8 ounces mushrooms, sliced
- 2 celery stalks, chopped
- 2 carrots, sliced
- 2 cups water
- ½ cup pearled barley
- 3 low-sodium bouillon cubes
- 1 teaspoon garlic powder
- ½ teaspoon ground thyme

### Directions

- Heat oil in a soup pot over medium heat. Add onion, mushrooms, celery, and carrots to the pot and cook for 5 minutes or until vegetables are tender.
- Add water, barley, bouillon cubes, garlic powder, and thyme to the pot. Bring to a boil, cover, and simmer for about 30 minutes, until barley is done.

### Nutrition Facts

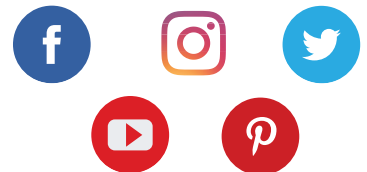
4 servings per container	
<b>Serving size</b>	<b>1 serving (453.38g)</b>
<b>Amount per serving</b>	
<b>Calories 170</b>	
<b>% Daily Value*</b>	
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 4g	
Includes g of Added Sugars	
<b>Protein</b> 5g	
Vitamin D 0mcg	<b>0%</b>
Calcium 51mg	<b>4%</b>
Iron 1mg	<b>8%</b>
Potassium 433mg	<b>10%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Quick Tips

- ▶ Substitute 8 cloves of minced garlic for 1 teaspoon garlic powder.
- ▶ Serve alongside our Side Salad, Winter Greens Salad, or Spinach, Cheddar, and Apple Salad.
- ▶ Always wash your produce before to cutting!

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(Recipe adapted from Food and Health Communications, Inc., Cooking Demo II, as listed at: <https://whatscooking.fns.usda.gov>.)

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