

Mushroom Barley Soup

Ingredients:

- 1 Tbsp. extra-virgin olive oil
- 1 cup sliced leeks
- 2 garlic cloves, minced
- 1 medium parsnip, peeled (4 ounces)
- 1 ½ cups sliced carrots (3 medium)
- 3 cups sliced fresh mushrooms
- 6 cups water
- ½ cup uncooked barley
- 4 tsp. McKay's Vegan Special Seasoning, Beef or Chicken flavor
- seasoning
- 1 Tbsp. low-sodium soy sauce
- 1 bay leaf
- ¼ tsp. dried thyme
- ¼ cup chopped fresh parsley



Servings: 8



Instructions:

1. In 3 or 4-quart saucepan over medium-high heat, heat oil.
2. Add leeks and garlic and cook, stirring 1 minute.
3. Add parsnip and carrots and cook, stirring 1 minute.
4. Add mushrooms and cook, stirring 2 to 3 minutes or until tender.
5. Add water, barley, seasonings and herbs. Stir to blend.
6. Bring to a boil. Reduce heat, cover and simmer 50 to 55 minutes or until barley is tender.
7. Remove bay leaf. Garnish with parsley.

Nutrition Facts

8 servings per container
Serving size 1 Cup (273g)

Amount per serving
Calories 100

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 350mg 15%

Total Carbohydrate 18g 7%

Dietary Fiber 4g 14%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 34mg 2%

Iron 1mg 6%

Potassium 286mg 6%

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