

Hearty Barley Soup

This quick and easy soup packs good nutrition and great taste into one pot. Barley is a very good source of fiber, which is important to manage cholesterol and blood sugar levels. Fiber also helps to maintain bowel health. The onion, garlic, celery, and carrot and mushrooms provide valuable vitamins, minerals, and phytochemicals to promote good health.

Makes: 5- 7 cups

2 Tablespoons canola oil
8 ounces coarsely diced mushrooms
1 large clove garlic minced
1 small onion, diced
1 carrot, diced
1 celery stalk, diced
15 oz Low sodium chicken or veg. stock
2 ¼ cups water
½ cup quick cooking barley
1 small bay leaf
¼ tsp black pepper
½ tsp turmeric
Dash crushed red pepper

Optional:

1.5 cups chicken, cooked and diced (or pulled)

Directions:

1. In a soup pot heat oil over medium heat. Add minced garlic and cook for 30 seconds.
2. Add onions, carrot, and celery sauté for 5 minutes or until onion becomes soft. Add mushrooms cook 5-6 more minutes.
3. Add broth, water, barley, diced chicken(if desired), bay leaf and spices. Bring to a boil. Reduce heat to low, cover and simmer 20-30 minutes or until barley and vegetables are tender.

