



Mushroom Barley Soup

Makes 4 Servings



Washington Farmers
Market Nutrition Program

Ingredients:

- 4 cups stock or water
- 3 tablespoons low-sodium soy sauce
- 3/4 cup barley, rinsed
- 2 cups mushrooms, sliced
- 2 cloves garlic, minced
- 1 small onion, diced
- 1 celery stalk, diced
- 1 carrot, diced
- 1 teaspoon dried basil
- 1/4 cup chopped parsley

Directions:

1. Bring stock or water and soy sauce to a boil.
2. Add rinsed barley and lower heat to a simmer for 20-30 minutes.
3. Add remaining ingredients, except parsley. Cook over low heat until veggies are tender and soup is thick, about 10 minutes.
4. Add chopped parsley just before serving.



Mushroom Barley Soup

Makes 4 Servings



Washington Farmers
Market Nutrition Program

Ingredients:

- 4 cups stock or water
- 3 tablespoons low-sodium soy sauce
- 3/4 cup barley, rinsed
- 2 cups mushrooms, sliced
- 2 cloves garlic, minced
- 1 small onion, diced
- 1 celery stalk, diced
- 1 carrot, diced
- 1 teaspoon dried basil
- 1/4 cup chopped parsley

Directions:

1. Bring stock or water and soy sauce to a boil.
2. Add rinsed barley and lower heat to a simmer for 20-30 minutes.
3. Add remaining ingredients, except parsley. Cook over low heat until veggies are tender and soup is thick, about 10 minutes.
4. Add chopped parsley just before serving.

Nutrition Facts	
Serving Size (378g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 430mg	18%
Total Carbohydrate 32g	11%
Dietary Fiber 8g	32%
Sugars 3g	
Protein 7g	
Vitamin A 90%	Vitamin C 15%
Calcium 4%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Mushroom Barley Soup

OPTIONS

- Add a dash of cayenne pepper for a hint of spice.
- Add seasonal vegetables such as zucchini or summer squash.
- Serve with whole grain bread or crackers for a delicious meal.

This material funded by USDA's Food Stamp Program; the Farmers Market Nutrition Program; and Washington State University. Washington State University is an equal opportunity provider and employer.

Nutrition Facts	
Serving Size (378g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 430mg	18%
Total Carbohydrate 32g	11%
Dietary Fiber 8g	32%
Sugars 3g	
Protein 7g	
Vitamin A 90%	Vitamin C 15%
Calcium 4%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Mushroom Barley Soup

OPTIONS

- Add a dash of cayenne pepper for a hint of spice.
- Add seasonal vegetables such as zucchini or summer squash.
- Serve with whole grain bread or crackers for a delicious meal.

This material funded by USDA's Food Stamp Program; the Farmers Market Nutrition Program; and Washington State University. Washington State University is an equal opportunity provider and employer.