

Italian Mushroom & Barley Soup

Servings: 8 1-cup servings

Ingredients:

1-2 tablespoons extra virgin olive oil
16oz cremini mushrooms, diced
1 large leek, white and light green parts, sliced in half lengthwise, cut into 1/2" thick slices & rinsed well
2 carrots, small dice (about 1 cup)
2 celery stalks, small dice (about 1/2 cup)
2 small parsnips, small dice (about 1 cup)
4 cloves garlic, thinly sliced
1 teaspoon salt
1 teaspoon dried thyme
1 teaspoon dried rosemary
2 teaspoons dried marjoram
1 bay leaf
1 cup pearled barley
1 15-ounce can fire roasted diced tomatoes
1 tablespoon tamari, coconut aminos, or soy sauce
1 tablespoon apple cider vinegar
4 cups vegetable broth
Plain yogurt or sour cream to garnish

Procedure:

1. Heat 1 tablespoon olive oil in a large Dutch oven or deep pot over medium heat until shimmering. Add mushrooms, sprinkle a pinch of salt on top, spread into even layer and cook for 2-3 minutes without stirring. Once the bottoms are browned, add leeks and stir. Cook for another 2-3 minutes until leeks are softened.
2. Add carrots, celery, and parsnips. Add more olive oil if needed to make sure they do not stick to the bottom of the pan. Cook for 3-5 minutes, stirring often. Add garlic, salt, thyme, rosemary, marjoram and bay leaf. Cook stirring constantly for 1 minute until fragrant.
3. Add barley, diced tomatoes, tamari, vinegar, and vegetable broth. Bring to a boil, reduce heat to low and simmer for 35-45 minutes until barley is cooked through.
4. Add salt and pepper to taste. Serve with plain yogurt or sour cream, and any fresh herbs you have on hand.

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