Mushroom Barley Soup

Description

Sauteing the barley toasts it to yield a light, nutty flavor.

Summary

Yield: 4
Source: Cooking Light
Prep Time: 1 hour
Category: Soups
Cuisine: American

Ingredients

- 1 1/2 tsps extra virgin olive oil
- 1 1/2 cups chopped onion
- 1 cup thinly sliced carrot
- 1 cup sliced mushrooms
- 1/2 cup uncooked pearl barley
- 4 3/4 cups low-salt Chicken Stock
- 1/3 cup finely chopped celery
- 1 tsp salt
- 1 tsp chopped fresh thyme

Topping

- 1 tsp chopped fresh thyme
- 1 tsp extra virgin olive oil

Instructions

Heat the oil in a large saucepan over medium-high heat. Add chopped onion, carrot and mushrooms; saute 7 minutes or until golden brown.

Stir in barley and saute 2 minutes. Add stock, celery, and salt and bring to boil. Cover and reduce heat, simmer 20 minutes.

Add thyme and cook 5 minutes more.

Garnish before serving.