

# Very Easy Mushroom Barley Soup



I love mushroom barley soup and I was originally making one that took about 3 hours to cook. This one is so simple and easy and takes a third of the time. If you like mushroom barley soup, you will really like this. It's perfect for a cold winter night.

By SANDI149

**Prep:** 15 mins

**Cook:** 50 mins

**Total:** 1 hr 5 mins

**Servings:** 6

**Yield:** 6 servings



## Ingredients

- ¼ cup olive oil
- 1 cup chopped onion
- ¾ cup diced carrots
- ½ cup chopped celery
- 1 teaspoon minced garlic
- 1 pound sliced fresh mushrooms
- 6 cups chicken broth
- ¾ cup barley
- salt and pepper to taste

## Directions

### Step 1

Heat the oil in a large soup pot over medium heat. Add the onion, carrots, celery and garlic; cook and stir until onions are tender and transparent. Stir in mushrooms and continue to cook for a few minutes. Pour in the chicken broth and add barley. Bring to a boil, then reduce heat to low. Cover and simmer until barley is tender, about 50 minutes. Season with salt and pepper before serving.

## Nutrition Facts

**Per Serving:** 198 calories; protein 5.8g; carbohydrates 24g; fat 9.9g; sodium 27.7mg.