



Monday Mushroom Barley Soup

(Adapted from the Moosewood Cookbook)

Serves 8

Ingredients

- ½ cup uncooked pearl barley
- 3 tablespoons butter
- 3-4 tablespoons tamari or soy sauce
- 4 tablespoons dry sherry
- 6 ½ cups stock or water (I added a tiny bit (1 ½ tsp?) of Better than Bouillon chicken flavor. Be careful if you add more because of the salt factor.)
- 1 medium brown skinned onion, chopped
- ¼ c parsley leaves, coarsely chopped for garnish
- 2 medium cloves garlic, minced
- 1 ¼ lb. fresh Cremini mushrooms, sliced
- fresh ground black pepper
- 3 large carrots, peeled and sliced into ¼ inch rounds
- ½ tsp salt-add more to taste

Instructions

Cook barley in 1 ½ cups of the stock or water in a large saucepan or Dutch oven. Bring to a boil, cover and simmer until barley is tender (20-30 minutes). Add remaining 4 ½ stock or water, tamari and sherry.

Meanwhile, melt the butter in a skillet. Add the onions, and garlic. Sauté for about five minutes over medium heat. Add mushrooms and salt. Cover and cook, stirring occasionally until everything is very tender (about 10-12 minutes).

Add the sautéed vegetables with all their liquid to the cooked barley. Add carrots and fresh ground black pepper to taste and simmer, partially covered, for another 20 minutes.

Serve in mugs or shallow bowls, garnishing with chopped parsley.