

Mushroom Barley Soup

Ingredients

¼ cup olive oil
1 cup chopped onion
1 cup chopped carrots
1 cup chopped celery
3 cloves of garlic minced
1 tsp. fresh thyme chopped
2 32 oz. cartons of beef, chicken or vegetable stock
1 lb. fresh mushrooms chopped
1 cup pearled barley rinsed
Salt & pepper to taste
Chopped thyme and parsley for garnish (optional)

Preparation

Heat oil in large soup pot over medium heat, add onion, carrots, celery and garlic. Cook until softened, about 10 minutes. Add mushrooms and thyme, stir until coated cook for a few minutes. Add stock and barley bring to a boil, reduce heat to simmer and partially cover with lid, cook until barley is tender. Adjust taste with salt and pepper. Garnish with parsley and chopped thyme.