

Three-Mushroom Barley Soup

(Makes 10 servings)

Ingredients:

- ½ ounce dried porcini mushrooms
- 1 large yellow onion
- 1 carrot, finely chopped
- 1 rib celery, chopped (1/4 cup)
- 12 ounces fresh mushrooms, thinly sliced
- 6 medium-large fresh shiitake mushrooms, stems removed, sliced
- 3 quarts (12 cups) vegetable stock
- 2 cups hulled barley or pearled barley
- 1 bay leaf
- 4 tablespoons balsamic vinegar, or to taste
- Pepper to taste
- Parsley or cilantro
- 1 bag (3-4 handfuls) spinach

Directions:

- 1) Soak porcini mushrooms in warm water for about 30 minutes, until soft. Drain, squeeze out (save liquid to use later in the soup), and chop.
- 2) Stir-fry onion in a soup pot until beginning to soften. Add carrots, celery, and all the mushrooms. Cook a few minutes, until fresh mushrooms begin to soften.
- 3) Add vegetable stock, barley, bay leaf, and porcini soaking liquid. Bring to a boil. Lower heat and simmer for 1 hour, adding more liquid if necessary.
- 4) Add vinegar and pepper to taste. Before serving, add cilantro/parsley and spinach.

Nutritional Analysis: (per serving)

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| ▪ Calories: 180 | ▪ Sodium: 200 mg |
| ▪ Total Fat: 1 g | ▪ Total Fiber: 9 g |
| ▪ Saturated Fat: 0 g | ▪ Protein: 6 g |
| ▪ Cholesterol: 0 mg | ▪ Carbohydrates: 36 g |

Source:

Prevent and Reverse Heart Disease by Dr. Caldwell B. Esselstyn.