

Vegan, Vegetarian

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# Barley Mushroom Soup

Esther Gamayo

## Servings: 8

**1 5/8 Cups Water**  
**1/4 Cup Barley, Uncooked**  
**1/16 Cup Olive Oil**  
**1/4 Medium Onion, Yellow, Chopped**  
**3/4 Ribs Celery, diced small**  
**1/4 Pound Fresh Mushrooms, Sliced**  
**5/8 Quart Vegetable Broth**  
**3/4 Cup Fresh Carrots, diced**  
**2 1/2 Fluid Ounces Tomato Paste**  
**1/4 Teaspoon Salt**  
**1/16 Teaspoon White Pepper (optional)**  
**1/16 Cup Italian Parsley, Chopped**  
**1 1/16 Cups Fresh Baby Spinach**  
**3/8 Clove Garlic, Minced**

In a large saucepan, bring water and barley to a boil. Reduce heat; cover and simmer for 30 minutes or until barley is partially cooked. (Do not drain)

Meanwhile, in a soup kettle or dutch oven, saute garlic, onions, carrots and celery in olive oil until tender. Add mushrooms; cook and stir for 5 minutes. Stir broth, tomato paste and barley mixture.

Bring to a boil over medium heat. Reduce heat; cover and simmer for 30 minutes, stirring occasionally. Stir salt and pepper. Add spinach and sprinkle with parsley before serving.

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Per Serving (excluding unknown items): 20 Calories; 1g Fat (28.1% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 143mg Sodium. Exchanges: 1/2 Vegetable; 0 Fat.