
Spicy Sausage, Barley and Mushroom Stew

Gina Calandra

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

2 teaspoons olive oil
2 cups thinly sliced onion
8 ounces spicy turkey Italian sausage
1 cup celery, chopped
1 cup carrot, sliced
2 cloves garlic, minced
1 bay leaf
5 cups (1/2 pound) shitake mushrooms caps, thinly sliced
1 1/2 cups portobello mushroom, chopped
1/2 cup uncooked pearl barley
3 cans (15.75 ounce ea) fat-free/ less sodium chicken broth
2 tablespoons brandy
1 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/3 cup fresh parsley, coarsely chopped

Heat the oil in a Dutch oven over medium heat. Add the onion. Cook for 5 minutes or until slightly soft.

Remove the casings from the sausage. Add the sausage to the pan. Cook for 8 minutes or until the sausage is browned, stirring to crumble. Add the celery, carrot, garlic and bay leaf. Cook for 10 minutes or until the onions are golden brown, stir frequently.

Add the mushrooms. Cook for 10 minutes or until the mushrooms release moisture.

Stir in the brandy, chicken broth, brandy, salt and pepper. Bring to a boil. Cover. Reduce the heat and simmer for one hour or until the barley is tender.

Discard the bay leaf. Sprinkle with parsley.

Serve immediately.

Yield: 6 one-cup servings

Soups, Chili, Stew

Per Serving (excluding unknown items): 765 Calories; 13g Fat (15.2% calories from fat); 23g Protein; 135g Carbohydrate; 31g Dietary Fiber; 0mg Cholesterol; 2323mg Sodium. Exchanges: 5 Grain(Starch); 11 Vegetable; 2 Fat.