

## Soup

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# Apple Barley Soup

Savory Soups and Sides

Mastercook Deluxe version 9.0.00.20

**Servings: 6**

**2 large onions, thinly sliced**  
**2 tablespoons vegetable oil**  
**3 1/2 cups vegetable stock**  
**1 1/2 cups apple cider**  
**1/3 cup pearl barley**  
**2 large carrots, diced**  
**1 teaspoon thyme**  
**1/4 teaspoon dried marjoram**  
**1 bay leaf**  
**2 cups unpeeled chopped apples**  
**1/4 cup fresh parsley, minced**  
**1 tablespoon lemon juice**  
**1/4 teaspoon salt**

In a small soup pot, saute onions in oil over medium heat for 5 minutes, stirring constantly. Reduce heat, cover and cook, stirring frequently for 10 min. or until onions are browned. Add stock, cider, barley, carrots, thyme, marjoram and bay leaf. Cover and cook for one hour or until barley is tender. Add apples, parsley and lemon juice. Cook for 5 minutes or until apples are slightly soft. Discard bay leaf and serve.

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Per Serving (excluding unknown items): 254 Calories; 7g Fat (24.9% calories from fat); 5g Protein; 44g Carbohydrate; 6g Dietary Fiber; 1mg Cholesterol; 1051mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Vegetable; 1 Fruit; 1 1/2 Fat.