

Fresh Mushroom and Barley Soup

Mildred K Duran

The Pennsylvania State Grange Cookbook (1992)

Servings: 4

*1/2 cup pearl barley
1 pound mushrooms, thinly
sliced
6 large carrots, sliced 1/8
inch thick
1 medium onion, chopped
1 tablespoon oil
2 tablespoons butter
6 cups chicken broth
salt (to taste)
1/2 teaspoon freshly ground
pepper
1/4 cup fresh dill, chopped
2 tablespoons fresh lemon
juice*

In a bowl, soak the barley in hot water, to cover, for 20 minutes.

In a large heavy saucepan, saute' the mushrooms, carrots and onion in oil for 5 minutes. Drain the barley. Add the barley, chicken broth, salt, pepper and one-half of the dill to the sautee'd mixture.

Simmer for 45 minutes.

Add the remaining dill and the lemon juice.

Per Serving (excluding unknown items): 314 Calories; 12g Fat (33.8% calories from fat); 14g Protein; 40g Carbohydrate; 9g Dietary Fiber; 16mg Cholesterol; 1249mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 3 1/2 Vegetable; 0 Fruit; 2 Fat.