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DIET CENTER

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MUSHROOM BARLEY SOUP

Final Lifestyle

Ingredients

- 2 TSP extra-virgin olive oil
- 1 TSP low-fat butter
- 2 garlic cloves, minced
- 1 medium carrot, peeled and finely chopped
- 1 stalk celery, finely chopped
- 1 small onion, finely chopped
- 8 ounces mushrooms, chopped
- 1-1/2 TSP chopped fresh thyme
- 1/8 TSP salt, or to taste
- 1/4 TSP freshly ground pepper
- 1/4 cup Marsala or cream sherry
- 1 14-ounce can vegetable broth or reduced-sodium chicken broth
- 1 cup water
- 1/4 cup quick-cooking barley

Instructions

1. Heat oil and butter in a large saucepan over medium heat. Add garlic, carrot, celery, onion, mushrooms, thyme, salt and pepper and cook, stirring, until the vegetables release some of their juices, about 3 minutes. Increase heat to medium-high and continue to cook, stirring often, until most of the liquid has evaporated, about 3 minutes.
2. Add Marsala (or sherry) and cook, stirring, until reduced, 1 to 2 minutes. Add broth, water and barley; bring to a boil, stirring often. Reduce heat to a simmer and cook, stirring occasionally, until the vegetables and barley are tender, about 15 minutes.

Portion-Per-Serving Information (Serves 4): Serving = 1 cup = 2 V, 1/2 FT