

Mushroom Barley Soup

Makes 6 servings each with 223 calories, 3 g fat and 0 mg cholesterol.

Ingredients

- 1 Tbsp. vegetable oil
- 3 large onions, chopped
- 1 clove garlic, finely chopped
- 1 lb. mushrooms, sliced
- 1 cup quick-cooking barley
- 2 medium carrots, thinly sliced
- 6 cups broth
- 1/2 cup white wine
- 3 Tbsps. snipped fresh dillweed
- 2 Tbsps. soy sauce
- 1 tsp. dried marjoram leaves
- 1 tsp. dried thyme leaves
- 1/4 tsp. black pepper

Directions

1. In a 5-quart saucepot, heat oil over medium heat. Add onion, garlic and mushrooms; cover and cook about 5 minutes or until mushrooms collapse and give up their liquid.
2. Uncover and saute until onions are lightly browned. Stir barley into mushroom mixture; saute 2 minutes or until lightly toasted.
3. Add remaining ingredients. Heat to boiling over high heat; reduce heat to low, cover, and simmer about 15 minutes or until barley is tender.