Hearty Barley and Mushroom Soup
in a new light

Makes: 6 servings
Prep Time: 15 minutes
Cook Time: 1 hour
Difficulty: Easy

Ingredients:

- 1 ounce dried porcini mushrooms
- 2 cups boiling water
- 1 tablespoon olive oil
- 2 large portobello mushroom caps, chopped (6–7 ounces)
- 1 large leek (white and green part only), halved lengthwise, sliced, and rinsed well
- 2 ribs celery, chopped
- 1 carrot, chopped
- 1 (32-ounce) container of reduced-sodium chicken broth
- 3/4 cup pearl barley, rinsed
- 2 tablespoons fresh dill, chopped
- 6 tablespoons plain fat-free Greek yogurt

Directions:

Place dried mushrooms in a small bowl. Pour the boiling water over the mushrooms; let stand until softened, about 15 minutes. Drain and coarsely chop. Reserve the soaking liquid.

Meanwhile, heat oil in a nonstick Dutch oven over medium-high heat. Add portobello mushrooms, leek, celery, and carrot. Cook, stirring often, until the vegetables become very tender, 8–10 minutes. Add broth, barley, and soaked mushrooms with their reserved soaking liquid; bring to a boil. Reduce heat and simmer, covered, until the barley is tender, 45–50 minutes. Stir in the dill.

Ladle soup into each of 6 serving bowls. Top each serving with 1 tablespoon yogurt. Serve at once.

Nutritional Information: Per serving (generous 1 cup): 160 calories, 3 g fat (0 g saturated, 0 g trans), 0 mg cholesterol, 400 mg sodium, 27 g carbohydrate, 6 g fiber, 8 g protein.