


Herb-Infused Mushroom Barley Soup

Recipe By *Sina Mizrahi*



Cooking and Prep: 
2.5 h

Serves:  10

Contains: 

Preference: Parve

Difficulty: Medium

Occasion: Shabbat, Sukkot

Diet: Vegetarian, Low Fat,
Sugar Free, Pescetarian

Source: Relish by Binah

Magazine

An array of fragrant herbs adds a delicious complexity to this beloved winter classic.

Ingredients (16)

Main ingredients

- 2 tablespoons **Bartenura Olive Oil**
- 2 large onions, diced
- 2 stalks celery, diced
- 2 cups sliced fresh or canned mushrooms

- 3 carrots, peeled and diced
 - 2-3 potatoes, peeled and grated
 - 3 cloves garlic, minced or 3 cubes **Gefen Frozen Garlic**
 - 8 cups water
 - 1/2 cup barley
 - 2 teaspoons salt
 - 1 teaspoon dried basil
 - 1/2 teaspoon dried thyme
 - 1/4 teaspoon dried dill
 - 1/4 teaspoon black pepper
 - 1/2 a bunch fresh parsley, finely chopped
 - 2 teaspoons **Gefen Soy Sauce** (*optional*)
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Start Cooking

For the soup

1. Heat the oil in a large 6-quart soup pot over a medium flame. Sauté the onions and celery until translucent, 3 to 4 minutes.
2. Add the mushrooms, carrots, potatoes, and garlic and cook for another 4 to 5 minutes, stirring occasionally.
3. Add the water and barley and bring to a boil. Season with salt, basil, thyme, dill, and pepper.
4. Cover, reduce heat to low, and simmer for at least 2 hours. Add the parsley and soy sauce, if using, and stir well. Serve hot.