



Vegetarian Barley Mushroom Soup



SERVINGS



COOKING TIME

1

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Full of fresh vegetable flavors and hearty beans, Vegetarian Barley Mushroom soup is perfect for the long winter months as well as year-round. This recipe is made without meat or dairy and is a great option for vegetarians or anyone looking for a recipe full of fresh flavors.

Ingredients

- 1 Cup(s) chopped onion
- 2 Clove(s) Garlic, minced
- 1 Tablespoon(s) vegetable oil
- 1 Cup(s) sliced carrots
- 1 Cup(s) sliced mushrooms
- 1/2 Cup(s) [Quaker® - Medium Barley](#)
- 1 Teaspoon(s) basil
- 1/2 Teaspoon(s) oregano
- 1/2 Teaspoon(s) salt (optional)
- 1/4 Teaspoon(s) Black pepper
- 6 Cup(s) Water

Cooking Instructions

1. In 4-quart saucepan or Dutch oven, cook onion and garlic in oil until onion is tender.
2. Add remaining ingredients.
3. Bring to a boil.
4. Reduce heat to low; cover.
5. Simmer 45 to 50 minutes or until barley is tender, stirring occasionally.
6. Add additional water if soup becomes too thick upon standing.
7. **TEN 1-CUP SERVINGS** To use Quick QUAKER Barley, substitute 2/3 cup quick barley for medium barley and decrease water to 5 cups.

8. Prepare recipe as directed above except simmer 15 to 20 minutes or until barley is tender, stirring occasionally.