

## Mushroom Barley Soup

This is a great recipe for a cold day or really any time. I adapted it from a recipe I found years ago in the Moosewood Cookbook. It's simple, tasty and filling



### Ingredients:

¾ cup uncooked pearl barley  
2 cups water  
6 cups vegetable broth  
2 tablespoons olive oil  
3 medium garlic cloves-minced  
1 medium onion-chopped  
1 lb sliced mushrooms  
1 teaspoon Kosher salt  
4 tablespoons soy sauce  
4 tablespoons dry sherry  
1 bay leaf  
Fresh ground pepper to taste

1. Place barley and water in large pot and bring to a boil, reduce heat, cover and simmer about 30 minutes until tender
2. Place olive oil in skillet, sauté onion until soft about 5 minutes. Add garlic, mushrooms and salt and cook, stirring occasionally, until tender. Then add soy sauce and sherry.
3. Add the vegetables to the pot with barley and add the vegetable broth. Add as much pepper as you'd like. Cover and simmer about 20 more minutes and it's ready to serve!