

## **Quick Cooking Barley Mushroom Soup**

with The Jungle Farm Barley + Onion and Beck Farms Carrots



### **INGREDIENTS**

5 1/2 cups vegetable stock  
1/2 cup onion, chopped  
2 cloves garlic, minced  
1 bay leaf  
1/2 tsp Worcestershire sauce  
1/8 tsp black pepper  
2 cups fresh assorted mushrooms, sliced  
3/4 cups carrot, shredded  
1/2 cup celery, chopped  
1 1/2 cups quick cooking barley  
3 tbsp fresh parsley, chopped

### **DIRECTIONS**

- Heat 1 tbsp olive oil in a large pot on medium heat.
- Add onions, celery, and carrots and sauté until slightly tender.
- Stir in garlic and mushrooms, and sauté until lightly browned.
- Pour in vegetable stock and add bay leaf, Worcestershire sauce, and salt & pepper.
- Bring soup to a boil, then let simmer for 10 minutes to let flavours mix.
- Add in barley and simmer for another 20 minutes.
- Serve with fresh parsley.