

MUSHROOM BARLEY SOUP

We're deep into soup season now, so I'm always looking for variations on a theme. Every week I make a big batch of bone broth and I'm always trying different ways to use it. My husband is a big barley and mushroom fan, so this one is for him. Enjoy!

INGREDIENTS (serves 6-8)

1 cup of hulled barley

3 cups of water

2 tablespoons of olive oil

1 onion, sliced

1 cup of cooked chicken, turkey, or beef cubed

8 cremini mushrooms, sliced

3 cloves of garlic, minced

2 quarts of bone broth, turkey or chicken stock

1 teaspoon red pepper flakes

salt and freshly ground pepper

fresh dill for garnish

PREPARATION

Rinse the barley through a strainer. Place in a large pot and add the water. Add 1 teaspoon of salt. Bring up to boil, then down to a simmer. Simmer for 45 minutes, stirring occasionally. Strain out any remaining water and set aside.

Wipe out and dry the large pot. Heat 2 tablespoons of olive oil. Add the onion and sauté until translucent, about 7

minutes. Add the chicken, mushrooms and garlic and cook for another two minutes.

Add in the cooked barley, bone broth or stock, and red pepper flakes. Season to taste with salt and pepper. Bring to a boil and then simmer for 20 minutes.

Ladle the soup into bowls, garnish with a fresh dill.