

## **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 green 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**

- In a large saucepan, bring vegetable broth to boil.
- Stir in onion, garlic, bay leaf, Worcestershire sauce, pepper, mushrooms, carrot and celery.
- Cover and simmer about 10 minutes.
- Add quick cooking barley, cover and let simmer about 20 minutes.
- Sprinkle with parsley and serve.