

Mushroom Barley Soup

$\frac{1}{2}$ bag Pearl Barley
1 $\frac{1}{2}$ cups Onion, chopped
1 cup Carrots, small dice
1 cup Celery, small dice
1 clove Garlic, chopped
2 cups Mushrooms, sliced
2 teaspoons dried Thyme Leaves
1 Bay Leaf
2 Tablespoons Soy Sauce
2 cups Milk
Salt and Pepper to taste



To prepare the Barley:

Fill large pot with water plus 1 tablespoon Salt. Bring to a boil and add barley. Stir and lower heat. Simmer for 1 hour, until barley is tender. Drain.

For the Soup:

Add small amount of Oil to pot. Sauté vegetables on low until tender, about 15 minutes. Add Thyme, Soy Sauce, Salt and Pepper. When vegetables are soft, add cooked Barley. Stir well and cook on low for 5-10 minutes. Add Milk and adjust seasonings. Simmer for an additional $\frac{1}{2}$ hour.

Note:

- A 'mirepoix' is the traditional combination of onion, celery and carrots that is used in the preparation of most soups and stews.
- Use dried Thyme Leaves rather than Ground Thyme. Ground spices lose their flavor more quickly than whole spices.
- The "soup base" (the combination of sautéed vegetables and barley) may be made in advance and frozen. To serve, defrost, add milk and simmer on low for $\frac{1}{2}$ hour.