



## **Barley Lentil Soup**

2 to 3 cloves garlic, finely chopped  
1 cup chopped onion  
2 medium carrots, peeled and chopped  
1 stalk celery, chopped  
7 cups salt-reduced, fat-free chicken broth, divided  
1-1/2 cups small fresh button mushrooms, sliced  
1 cup lentils, rinsed  
1/2 cup pearl barley  
1 tablespoon tomato paste  
1-1/2 teaspoons dried leaf thyme, crushed  
1 teaspoon curry powder  
1 bay leaf  
1 tablespoon finely chopped Italian parsley  
2 tablespoons fresh lemon juice  
1 tablespoon Worcestershire sauce  
1 teaspoon salt  
1/2 teaspoon ground black pepper

Spray 4-quart saucepan with non-stick cooking spray. Add onion and garlic; sauté 4 minutes, stirring occasionally. Add carrots and celery; sauté 3 minutes longer, stirring occasionally. Mix in 6 cups broth, mushrooms, lentils, barley, tomato paste, thyme, curry powder and bay leaf. Bring to a boil. Reduce heat and simmer 60 to 70 minutes or until lentils and barley are tender, but not mushy. Blend in remaining broth, lemon juice, Worcestershire sauce, salt and pepper. Remove bay leaf and serve. Makes 8 servings.

Per serving: 186 calories, 10g protein, 31g carbohydrate, 10g fiber, 4g fat, 4mg cholesterol, 1092mg sodium.

**For more recipe ideas, visit [www.barleyfoods.org](http://www.barleyfoods.org).**