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MUSHROOM BARLEY SOUP
(adapted from Devorah Bowen)



Ingredients:

- 1½ tbsp Avocado Oil*
- 1 Onion, diced
- 2 ribs Celery, diced
- 2 medium Carrots, diced
- 16 oz. Mushrooms (baby bella or white button)
- 1 tbsp fresh Thyme, chopped (or 1 tsp dried)
- 6 small Red or Yellow Potatoes, peeled and diced
- 3 cloves Garlic, minced
- 1 tbsp Miso Paste
- 1 cup dry Pearled Barley**
- 2 Bay Leaves
- 6 cups Vegan Beefless Broth
- 1 cup Kale, chopped
- 1 tbsp Red Wine Vinegar
- Salt & Pepper to taste
- Up to 2 cups water if needed

*Editor's Note: to make this recipe WFPB, substitute 1/4 cup sherry, white wine, or dry vermouth for the oil. Sherry would work especially well with this recipe.

*Editor's Note: Pot barley or hulled barley, available in health food stores in bulk, is more intact/less refined than pearl barley, and is a better choice for health if you can find it.

Instructions:

In a large pot on medium heat add the oil [or sherry] and sauté the onions for 5 minutes. Add in the celery and carrots and continue cooking for another 5-6 minutes. Add in the sliced mushrooms and thyme and cook for 5-7 minutes or until the mushrooms have released their water and started to brown. Add in the diced potatoes and cook for another 5-7 minutes. Add in the garlic and miso paste. Mix until the miso has dissolved or it coats all of the veggies.

Add in the barley and bay leaves and mix through. Add in the broth, mix and cover. Lower the temperature to medium low and simmer for 30-40 minutes stirring occasionally. As the barley cooks it will absorb the broth so you may need to add additional water. Add a cup at a time if needed.

Once the barley is cooked (it will plump) and vegetables are tender, add in the chopped kale and vinegar. Cook for another 15 minutes, check for seasoning and add salt & pepper if needed. Serve with a piece or two of hearty bread.