

# Barley Mushroom Soup - Vegan

Prep Time: 15 minutes

Cook Time: 55 minutes

Total Time: 1 hour, 10 minutes

Serving Size: 6

## Ingredients

- 6 cups vegetable broth, Trader Joe's Low Sodium
- 1/2 pound mushrooms, sliced
- 1 small onion, sliced
- 1/2 cup carrot, diced
- 1/3 teaspoon garlic powder
- 3/4 cup barley
- 1 tablespoon low sodium soy sauce
- 1/2 teaspoon ground cumin
- 1 pinch black pepper
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## Instructions

1. In a large pot place vegetable broth, barley, onion, garlic, soy sauce, cumin, pepper.
2. Cook over medium heat for about 25 minutes.
3. Add mushrooms and carrots and keep cooking for another 30 minutes. Stir occasionally.

## Notes

Nutrition facts (per serving): Calories: 105, from fat: 4, total fat: 0g, cholesterol: 0mg, sodium: 234mg, total carbohydrate: 21g, fiber: 1g, sugar: 3g, protein: 3g.