



# RECIPE



## Mushroom, Bean & Barley Soup

Submitted by Sharon H.

“This Bonnie Stern recipe is one of my many favorite soups. Over the years it seems to be the one I most deliver to friends and family. It is most definitely a savory, nourishing and fulfilling soup.”

### Ingredients

- 1/2 lb dried white kidney beans or navy beans (about 1 Cup/250 ml)
- 10 cups homemade chicken stock or 1 10-oz/284 ml tin chicken broth plus water
- 1/2 oz (15g) dried wild mushrooms
- 1/2 lb (250g) fresh mushrooms, sliced
- 1 cup (250mL) pearl barley
- 2 onions, chopped
- 2 carrots, chopped
- 2 ribs celery, chopped
- 3 clove garlic, minced
- 2 tsp (10mL) salt or more to taste
- 1/2 tsp (2mL) pepper
- 3 tbsp (45mL) chopped fresh parsley

### Directions

1. Cover beans generously with water and soak for few hours at room temperature or overnight in refrigerator. Rinse and drain. ( I also use canned beans but add them late in the recipe)

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2. Meanwhile, soak dried wild mushrooms in 1 cup/250mL hot water for about 30 minutes. Strain liquid through a sieve lined with paper towel and reserve. Rinse mushrooms well and chop.
3. Place barley, beans, reserved mushroom juice and stock in large saucepan or Dutch oven. Bring to a boil. Remove any scum that rises to surface.
4. Add mushrooms (wild and fresh), barley, onions, carrots, celery and garlic. Add mushroom soaking liquid. Cook for 1 hour, until beans are tender and soup thickens. Stir occasionally. Serve sprinkled with parsley.
5. Makes 12 to 14 servings.

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