

# Vegetarian Barley Soup

Easy to make and full of flavor.



## Cooking Time:

Serves: 6-8 people

Total Time: 1 ½ hours

## Ingredients:

- \* 2 cloves garlic, finely chopped
- \* 1 cup onion, chopped
- \* 2 cups carrots, chopped
- \* 1 cup celery, chopped
- \* 7 cups vegetable broth
- \* 1 ½ cups mushrooms, sliced
- \* 1 cup lentils
- \* 1 cup barley
- \* 1 tbsp tomato paste
- \* 1 tsp dried thyme
- \* 1 tsp curry powder
- \* 1 bay leaf
- \* 1 tbsp parsley, finely chopped
- \* 2 tbsp lemon juice
- \* 1 tsp salt
- \* ½ tsp black pepper

## Magnesium Per Ingredient\*:

- 0 mg**
- 23 mg**
- 32 mg**
- 13 mg**
- 0 mg**
- 19 mg**
- 71 mg**
- 35 mg**
- 0 mg**
- 0 mg**
- 5 mg**
- 0 mg**
- 3 mg**
- 0 mg**
- 0 mg**
- 0 mg**

## Directions

1. In a non-stick saucepan, sauté onion and garlic for about 4 minutes. Add carrots, celery, and mushrooms; stir occasionally.
2. Combine 6 cups of broth, lentils, barley, tomato paste, thyme, bay leaf, curry powder, and parsley. Bring to a boil. Reduce heat and simmer for about 1 hour, or until barley and lentils become tender.
3. Add in 1 cup of broth and lemon juice. Salt and pepper to taste.

**One serving of this recipe contains approximately 29 mg of magnesium\* based on the *Magnesium Calculator* within this site. Visit our *Magnesium Calculator* to find out how much magnesium is in your favorite recipes.**

**\*This is only an approximation of magnesium intake.**