



Barley/Mushroom Soup

It starts off with a basic vegetable soup stock made from

carrots

carrot tops

celery

parsnip

parsley

onion

salt to taste

Barley (cooked in the vegetable stock)

Mushrooms (sautéed in butter, oil or veg stock)

Pureed Potatoes (diced potatoes boiled in the veg stock and then run thru a blender/food processor)

The Barley, Mushrooms and Pureed Potatoes are prepared separately and then mixed with vegetable stock to desired thickness (stew to soup)

Submitted by Garrett Queen

