



Mushroom, Bean and Barley

Sharon Hapton
Soup Sister

Makes about 8 servings

- ½ cup (125 mL) dried wild mushrooms
- 2 onions, diced
- 2 carrots, peeled and diced
- 2 stalks celery, diced
- 2 Tbsp (30 mL) vegetable oil
- 4 cups (1 L) diced assorted fresh mushrooms
- 3 cloves garlic, minced or finely chopped
- 1 can (19 oz/540 mL) white kidney beans, drained and rinsed
- 1 cup (250 mL) pearl barley
- 8 cups (2 L) chicken or vegetable stock
- Salt and pepper to taste
- 3 Tbsp (45 mL) finely chopped parsley



This recipe, from Bonnie Stern's HeartSmart (Random House Canada, 2006), is one of my favorites. Over the years, this savory, nourishing and fulfilling soup seems to be the one I deliver most often to friends and family. Bonnie was kind enough to let me include it in this book.

—SHARON HAPTON

1. Soak the dried mushrooms in enough hot water to cover them for 30 minutes. When softened, strain the mushrooms, reserving the liquid. Rinse any grit from the mushrooms. Dice them and set aside.
2. In a large pot over medium heat, sauté the onions, carrots and celery in the oil, until the onions are softened.
3. Add the fresh and soaked mushrooms and garlic. Sauté for 10 minutes.
4. Stir in the beans and barley.
5. Add the stock and mushroom-soaking liquid. Bring to a boil over high heat, then reduce the heat to medium-low.
6. Simmer, uncovered, until the barley is tender and the soup thickens, about 30 minutes.
7. Add salt and pepper to taste.
8. Ladle up a chunky simmering cup, and garnish with an enlightening sprinkle of chopped parsley.



Mushroom, Bean & Barley Soup

Yield: (5 L)

½ oz (15 g)	Dried wild mushrooms
1 cup (250 mL)	Hot water
1 cup (250 mL)	Pot barley (8 oz/227 g)
1 x (19 oz/540 mL) can	White kidney beans or navy beans
16 cups (4 L)	Vegetable stock
3 cups (750 mL)	Mushrooms, sliced (½ lb/227 g)
2 cups (500 mL)	Onion, chopped (½ lb/227 g)
2 cups (500 mL)	Carrots, chopped (½ lb/227 g)
1 cup (250 mL)	Celery, chopped (6 oz/170 g)
3	Garlic clove, minced
	Salt, to taste
	Pepper, taste
3 tbsp (45 mL)	Fresh parsley, chopped

1. Soak dried wild mushrooms in hot water. After 30 minutes, strain liquid through a sieve lined with paper towel. *Reserve* liquid. Rinse mushrooms well and chop.
2. 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.
3. Add mushrooms (wild and fresh), onions, carrots, celery and garlic. Cook for 1 hour until soup thickens. Stir occasionally.
4. Add salt and pepper to taste. Adjust seasonings as required.
5. Serve sprinkled with parsley.