

# MOURAD'S BARLEY MUSHROOM SOUP



## DIRECTIONS

Heat olive oil in a large pot. Sauté onions and celery until the onions are translucent. Add the carrots and sauté for an additional 2 to 3 minutes. Add the barley, mushrooms, broth and bay leaves. Bring to a boil.

If using the jalapeno, cut a one inch slit in the middle and add it to the pot.

Reduce heat and simmer for 45 mins or until the barley is tender. Remove the bay leaves and jalapeno and discard. Add garbanzo, salt and fresh ground pepper to taste. Enjoy!

## SHOPPING LIST

1 cup barley

24 oz. sliced mushrooms  
(white or crimini)

3 qts vegetable broth

2 15 oz. cans garbanzo  
beans, rinsed and drained

4 ribs celery, diced

2 carrots, finely chopped

2 yellow or white onion,  
chopped

1 jalapeno pepper  
(optional)

4 bay leaves

4 tbsp olive oil

Salt & fresh ground pepper  
to taste