

Mushroom and Barley Soup

Indulge in a comforting blend of earthy mushrooms and hearty barley, simmered to perfection. Easy to make and full of wholesome ingredients, this soup will warm your soul with every spoonful!

Preparation 5 min

Cooking 40 min

Servings 3-4



Nutrition Facts (per serving)

Calories 215 kcal

Fat 1 g

Carbohydrates 41 g

Fibre 6 g

Protein 12 g

Sodium 100 mg



Catherine Clément-Dumas – Nutritionniste Diététiste à Vaudreuil et Valleyfield

Registered Dietitian Nutritionist in Vaudreuil-Dorion