

Mushroom Barley Soup

Serves 6-8 / 1 ½ hours to prepare

1/2 cup hulled barley

6-7 cups stock or water (Mushroom Soup by Imagine is great, use 1/2 broth and 1/2 water to lower the sodium)

3-4 tsp. tamari

3-4 tbsp. dry sherry

2 cloves roasted garlic, chopped

1 large onion, chopped

1 lb. mushrooms, sliced

Ground red pepper to taste

Cook the barley in 2 cups of stock until tender, 45-60 minutes. Add remaining stock or water, tamari, and sherry. Sauté the onions in garlic and small amount of water or broth. When soft, add the mushrooms. When all is tender, add to the barley, making sure all of the liquids from the sauté are added to the soup. Add cayenne pepper and sea salt to taste, and simmer 20 min. covered at a very low heat.