



Harmonic Herbs

Hulless Barley and Mushroom Soup

½ cup hulless barley
6 cups vegetable or mushroom stock
3 tbsp butter or extra virgin olive oil
2 cloves garlic minced
1 heaping cup chopped onion
1 pound fresh mushrooms sliced, use domestic or combination of Cremini, Portobello or Shitake (stems removed). We often use edible wild mushrooms.
½ tsp sea salt
4 tbsp tamari or Braggs

Lightly toast barley in a saucepan just until first berries begin to pop. Put barley in pot with stock and let soak for a few hours or overnight.

Sauté onions in oil or butter until softened. Add garlic and sauté for another minute. Add mushrooms and salt and sauté until mushrooms begin to release their liquid. Add tamari or Braggs and simmer for a few more minutes. Add barley and stock bring to a boil, reduce to a simmer and cook covered until barley is cooked, 45 to 50 minutes.