

Mushroom Barley Soup in the Instant Pot

Adapted from Ministry of Curry, 2022



- 1 pound mushrooms, crimini
 - 4 tablespoons EVOO
 - 4 tablespoons dry sherry
 - 1 large leek, or two medium sized ones
 - 1 1/2 cups onion, finely chopped
 - 3 cloves garlic, minced
 - 1 1/2 cups celery, thinly sliced
 - 1 1/2 cups carrots, diced
 - 3 tablespoons tomato paste
 - 2 tablespoons mushroom base, a concentrate
 - 4 cups water
 - 2 bay leaves
 - 1 1/2 teaspoons kosher salt
 - 1/2 teaspoon freshly ground pepper
 - 1/2 cup barley
 - 1/4 cup parsley, minced
- GARNISH:**
- 1 cup sour cream

Per Serving (excluding unknown items): 290 Calories; 16g Fat (48.0% calories from fat); 7g Protein; 32g Carbohydrate; 7g Dietary Fiber; 19mg Cholesterol; 735mg Sodium; 10g Total Sugars; trace Vitamin D; 107mg Calcium; 2mg Iron; 833mg Potassium; 190mg Phosphorus. Exchanges: 1 Grain(Starch).

Carolyn T's Blog: tastingspoons.com

Servings: 6

1. Slice half of the mushrooms. Dice the remaining half.
2. Set the Instant pot to saute mode and heat half of the oil. Add sliced mushrooms and saute for 2 to 3 minutes. Add cooking sherry as the mushrooms start to stick to the pot, cooking for additional 2 minutes. Remove cooked mushrooms with liquids and set aside.
3. To the Instant Pot add remaining oil, leeks, onions, garlic, and celery to the pot. Saute for 2 minutes. Next, add mushrooms and saute for another 2 minutes. Add carrots, tomato paste, bay leaves, barley, salt, pepper, and mushroom broth.
4. Pressure Cook for 15 minutes followed by natural pressure release. Remove bay leaves.
5. Stir in the reserved mushrooms. Cool soup and for best flavor, refrigerate overnight. Reheat then garnish with parsley. Serve hot with bread. You can also add a dollop of sour cream as a garnish.