

Shiitake Mushroom Barley Soup

Mushroom soup is creamy, rich and comforting: delicious as a starter course for any meal, it's complete with the cleansing energy of shiitake mushrooms, which keep the soup light. The added nutrient boost of shelled hempseed and hempseed oil add to the soup's nutritious deliciousness. Recipe from

HempNut Cookbook by Richard Rose and Brigitte Mars

1 T.	extra virgin olive oil
1	yellow onion, diced
2 cloves	fresh garlic, minced
	sea salt
1.5 cups	dried shiitake mushrooms, soaked until tender, drained and thinly sliced
3 cups	plain soymilk
2 cups	water
1 cup	pearl barley, rinsed well
1.5 T.	sweet white miso
1 T.	hempseed oil
1/2 cup	shelled hempseed
2-3 sprigs	fresh parsley, minced

Place the oil in a soup pot. Add the onion and garlic and place over medium heat. When the onion begins to sizzle, add a pinch of salt and saute for 1-2 minutes. Do not brown the onions. Stir in the shiitake mushrooms and saute just until coated with oil. Add the soymilk, water and barley. Cover and bring to a boil. Reduce the heat to low and cook until the barley is quite soft and creamy, about 35 minutes.

Remove a few tablespoons of broth and combine it with the miso. Pour the miso mixture the soup, stir in the hempseed oil, and cook for 3-4 min. To serve, spoon the soup into individual bowls and garnish with the hempseed and parsley.

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Shopping List

Shiitake Mushroom Barley Soup

Ingredients	Wieght or Volume	PLU #
extra virgin olive oil	1 T.	_____
yellow onion	1	_____
fresh garlic	2 cloves	_____
sea salt		_____
dried shiitake mushrooms	1.5 cups	_____
plain soymilk	3 cups	_____
pearl barley	1 cup	_____
sweet white miso	1.5 T.	_____
hempseed oil	1 T.	_____
shelled hempseed	1/2 cup	_____
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