

Mushroom Barley Seitan Soup



PREP TIME

30 mins

COOK TIME

36 mins



COURSE

Dinner, Lunch



SERVINGS

6 servings

CALORIES

252 kcal

INGREDIENTS

- 1 oz dried porcini or other dried mushroom
- 2 cup hot water
- 1.5 pounds fresh mushroom coarsely chopped, (button, shiitake, large or baby portobello, or a mix)
- 2 Tbsp Olive oil
- 1 clove garlic minced
- 1 large onion diced
- 2 stalks celery diced
- 2 medium carrots diced
- 1 tsp salt
- 1/2 tsp black pepper
- 3/4 cup pearl barley
- 2 cups seitan chopped
- 1 medium potato diced
- 8 cups water
- 2 Tbsp soy sauce plus more to taste
- 2 Tbsp balsamic vinegar

- 1 bay leaf
- 1/4 cup parsley chopped
- 2 cups spinach packed

INSTRUCTIONS

1. In a bowl, combine the porcini or other dried mushrooms and the 2 cups hot water. Set aside for 30 minutes to soak.
2. With a slotted spoon, lift the mushrooms out of the bowl and transfer to a cutting board. Coarsely chop them. Reserve the liquid.
3. In a large stock pot over medium heat, heat the oil. Add the garlic, onion, celery, carrots, salt, and pepper. Cook, stirring occasionally, for 10 minutes until the vegetables have softened.
4. Add the mushrooms, stir well, and continue cooking, stirring occasionally, for another 10 minutes. Add the potato and barley, seitan, and cook, stirring, for 1 minute more.
5. Add the water, soy sauce, vinegar, bay leaf and parsley. Cover, and simmer over low/medium for 25 minutes. The potato should be cooked and the barley should be al dente, but not mushy.
6. Add the spinach and stir well. Cover the pot and let the spinach wilt for 2 minutes. Stir the soup and taste for seasoning. Add more salt, soy sauce, or balsamic vinegar, if you like.
7. Leftovers will keep refrigerated for up to a week, or frozen for up to 3 months.

NUTRITION

Nutrition Facts

Mushroom Barley Seitan Soup

Amount Per Serving

Calories 252	Calories from Fat 63
% Daily Value*	
Fat 7g	11%
Carbohydrates 23g	8%
Protein 26.8g	54%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!