

Mushroom, Beef and Barley Soup

You can use quick-cooking barley here to save time, but we like the chewiness of whole barley. You can find it next to the rice in supermarkets. Toss in some greens at the end for a splash of color.

- ½ pound sirloin steak, cut into 1 ½-inch pieces
- 2 tablespoons olive oil
- 1 cup diced onion
- 1 cup diced carrots
- 1 (12-ounce) package mushrooms, coarsely chopped
- ½ cup uncooked barley
- 1 (10 ½-ounce) can fat-free, lower-sodium beef broth
- 5 cups water
- 1 teaspoon coarse salt
- ¼ teaspoon freshly ground black pepper
- 2 cups chopped Swiss chard (optional)

1. Heat oil in a large pot over medium heat. Add beef and sauté until brown. Add onion and carrots; sauté about 7 minutes. Add mushrooms; cook, about 8 minutes.
2. Add barley, broth, water, salt and pepper; stir to combine. Bring to a boil; reduce heat and simmer 40 minutes or until barley is tender. Stir in Swiss chard, if using, and cook 5 minutes. Make about 6 cups. Serves 6.

Per serving: 296 calories, 12g fat, 31mg chol., 21g prot., 28g carbs, fiber, 933mg sodium.

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