

Kale, Barley & Mushroom Soup

Prep **Cook** **Total**
10 min 45 min 55 min

Serving: 6

An old school soup for calcium replacement is a Green and Grain soup such as one of sprouted barley and kale. Barley is an excellent source of selenium, copper, phosphorus, magnesium while kale offers vitamins A, C and K as well as calcium and phosphorus.

Tradition Chinese Medicine teaches that kidneys rule the bones (part of the water element) and seaweeds are a tonic for the water element a. A soup of cooked with seaweed is beneficial for the kidneys and therefore for the bones (maybe it is the calcium and other minerals in the seaweed).

Here is a great-tasting, soul-satisfying soup to kick-off cold day. Enjoy!

Ingredients

1 tablespoon **unsalted butter**

1 tablespoon **olive oil**

1 **onion** *chopped*

2 **carrots** *roughly chopped*

2 stalks **celery** *chopped*

1 large **garlic clove** *finely chopped*

$\frac{3}{4}$ pound **shiitake mushrooms** *stems removed, slice thinly*

2 sprigs **fresh thyme**

2 cups **sprouted barley** *(or 1/2 cup unsprouted)*

8 cups **stock or choice**

1 **3" piece kombu seaweed**

4 cups **kale** *stemmed & chopped*

nama shoyu *Bragg's or coconut aminos or soy sauce*

Directions

Sprout the barley (or other grain) if you have the time and inclination. Allow 3-4 days.

Melt butter and olive oil in a large stock pot over medium heat. Add onion, carrots, celery to pot and sauté until softened, about 5 minutes. Add garlic and cook 1 minute. Sprinkle with a touch of sea salt and pepper.

Place mushrooms in the pot and sauté until softened, about 8 minutes. Add thyme and barley. Stir to coat. Add stock and kombu and bring to a simmer. Cover and simmer over low heat for 30 minutes until the barley is tender.

Add the kale and shoyu (if using) and cook until the kale is wilted, but still bright green, about 8 minutes. Pull out the thyme stems and kombu (reserve for eating as later) and adjust seasoning as needed.

Nutritional Information

Amount Per Serving (6 Servings)

Calories: 415 **Protein:** 18 g **Sugar:** 9 g **Carbohydrate:** 66 g **Fat:** 10 g **Cholesterol:** 15 mg **Sodium:** 50 mg **Fiber:** 14 g