

- » 1 tbsp olive oil
- » 1 cup chopped onion
- » 1 cup chopped celery
- » 1 cup chopped carrots
- » 2 cups sliced mushrooms
- » 5 cups water
- » 2 (14 1/2 oz) cans sliced, stewed, Italian-style tomatoes
- » 1 cup dry lentils
- » 1/4 cup dry pearl barley
- » 1 tsp cumin
- » 1/4 cup fresh chopped parsley
- » 1 tsp salt-free herb seasoning blend
- » 1/4 cup (1 oz) feta cheese

Nutritional Content

Per Serving

Calories	360cal	Cholesterol	6mg
Protein	19g	Sodium	596mg
Carbohydrate	59g	Calories from Fat	15%
Fat	6g	Fiber	23g
Saturated Fat	2g		

In a large saucepan, over medium-high heat, add olive oil and onions, sautéing for 1 minute. Add celery, carrots, and mushrooms, sautéing for 2 minutes. Add water, Italian-style tomatoes, lentils, barley, cumin, parsley, and salt-free herb seasoning blend. Bring to a boil then reduce heat, cooking the soup for 45 minutes to an hour, until the lentils are softened and the soup is thick (add more water if the soup gets too thick). Serve with crumbled feta cheese on top. Serves 4.