



2495 Caring Way, Suite C  
Port Charlotte, Florida 33952  
doctordulaney.com

Jaimela J. Dulaney, M.D., PA  
*Our Heart "Beets" Plant Strong*  
Jami Dulaney, M.D.

Office: 941-235-9231  
Fax: 941-235-9236  
info@doctordulaney.com

## Mushroom Barley Soup (Instant Pot)

### Ingredients:

- 1 box mushrooms
- 1 cup pearl barley, uncooked
- 2 large carrots, diced
- 2 stalks celery, diced
- 1 leek, chopped fine
- 3 cloves garlic, minced
- 1 Tbsp miso paste
- Black pepper to taste
- 1 tsp thyme
- 1 quart of water

### Directions:

1. Wash and chop all vegetables.
2. Place all ingredients in Instant Pot, close and seal lid.
3. Select "soup" setting and set to cook for 20 minutes.
4. Once cooking is complete, allow pressure to release naturally and enjoy!

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
<b>calories</b> 173	
<b>% Daily Value</b> *	
<b>Total Fat</b> 1 g	1 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	0 %
<b>Sodium</b> 276 mg	11 %
<b>Potassium</b> 659 mg	19 %
<b>Total Carbohydrate</b> 38 g	13 %
<b>Dietary Fiber</b> 9 g	35 %
<b>Sugars</b> 7 g	
<b>Protein</b> 8 g	16 %
Vitamin A	5 %
Vitamin C	8 %
Calcium	9 %
Iron	11 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	