

## hearty barley soup for 2

1 c thickly sliced large brown mushrooms  
1.5 T safflower oil  
1/4 tsp salt  
1/2 large onion, chopped  
1/3 c minced carrot  
4 c vegetable broth (from veg bouillon cubes is fine)  
1 T nutritional yeast (not baking yeast – available at Bulk Barn)  
2 tsp marmite or vegemite (soy sauce could also work but cut back on the salt)  
1 tsp dark molasses  
3/4 tsp white miso (avail at No Frills and Bulk Barn)  
1/2 c pot barley  
1.5 T dry brown or green lentils  
1/2 c shredded cabbage  
chopped parsley for garnish

Heat the oil in a large frying pan and add the mushrooms. Sprinkle with salt.  
Fry the mushrooms on medium heat, until nicely browned, about 15 minutes.  
Push the mushrooms to the side and sauté the onion and carrot.  
Scrape the vegetables into a large soup pot and add the rest of the ingredients.  
Simmer on medium-low heat until the barley and lentils are cooked, about an hour.  
Add some chopped parsley for colour.