

Savta Norma's Mushroom, Bean and Barley Soup

1 large onion chopped

2-3 tablespoons canola or other vegetable oil, not olive

3 cups raw mushrooms - I like a combo of portabellas and regular, washed and sliced

2 carrots grated or chopped

1-2 can baked beans, depending how beany you like it

1 cup uncooked barley

3 heaping tablespoons mushroom soup powder

10 - 12 cups of water

Chopped corned beef or roast beef, about 1 cup's worth

Sauté onions in oil in large stock pot till medium brown (Make sure the pot is big enough to accommodate all the ingredients plus the water. Remember also that the barley will swell considerably). Add mushrooms and sauté briefly. Take off fire, add carrots and baked beans, barley and sprinkle soup powder on top. Stir thoroughly to blend. Add chopped corned beef or cooked roast beef and add 10 - 12 cups of water and bring to boil, stir and lower to simmer. Cook for about 1.5-2 hours, checking periodically that water is not boiling out, till soup is thick and creamy. If you cook for long enough, the barley gives up this creamy thickness that makes all the difference. Alternatively, after sauteeing the onions and mushrooms, place them and all the rest of the ingredients in a slow cooker and turn on low and cook overnight till thick and creamy.