



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Barley Stew with Leeks, Mushrooms, and Greens

A hearty and nutritious stew made with barley, leeks, mushrooms, and greens. This stew is packed with flavor and perfect for a comforting meal on a cold day.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 60 mins

Total Time: 75 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

| | |
|---------|-----------------|
| 200 g | Barley |
| 200 g | leeks |
| 200 g | Mushrooms |
| 200 g | greens |
| 1000 ml | vegetable broth |

| | |
|---------------|-----------|
| 2 tbsp | olive oil |
| 2 | garlic |
| cloves | |
| 1 tsp | salt |
| 1 tsp | pepper |

Directions

Step 1

Preparation

Rinse the barley and set aside.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Sautéing

Heat olive oil in a large pot over medium heat. Add the leeks and garlic and cook until softened.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Sautéing

Add the mushrooms and cook until they release their moisture.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Boiling

Add the barley, vegetable broth, salt, and pepper to the pot. Bring to a boil, then reduce heat and simmer for 45 minutes, or until the barley is tender.

Prep Time: 5 mins

Cook Time: 45 mins

Step 5

Boiling

Stir in the greens and cook for an additional 5 minutes, or until wilted.

Prep Time: 2 mins

Cook Time: 5 mins

Step 6

Serving

Serve hot and enjoy!

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 8 g

Protein: 6 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 6 g | 35.29% | 35.29% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 30 g | 54.55% | 60% |
| Fibers | 8 g | 21.05% | 32% |
| Sugars | 4 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 5 g | N/A | N/A |
| Saturated Fat | 2 g | 9.09% | 11.76% |
| Fat | 8 g | 28.57% | 32% |
| Cholesterol | 0 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin A | 10 iu | 1.11% | 1.43% |
| Vitamin C | 20 mg | 22.22% | 26.67% |
| Vitamin B6 | 4 mg | 307.69% | 307.69% |
| Vitamin B12 | 0 mcg | 0% | 0% |
| Vitamin E | 2 mg | 13.33% | 13.33% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|--------|------------------------|--------------------------|
| Sodium | 500 mg | 21.74% | 21.74% |
| Calcium | 6 mg | 0.6% | 0.6% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Iron | 10 mg | 125% | 55.56% |
| Potassium | 400 mg | 11.76% | 15.38% |
| Zinc | 4 mg | 36.36% | 50% |
| Selenium | 2 mcg | 3.64% | 3.64% |

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

Visit our website: healthdor.com