



# MUSHROOM & GINGER BEEF BROTH

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A REALLY, REALLY EASY, NUTRITIOUS SOUP, BURSTING WITH FLAVOUR

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## INGREDIENTS

- 1ltr Beef broth with seaweed
- A little butter
- Grated fresh ginger to taste
- Grated fresh or dried turmeric to taste
- 6 chestnut mushrooms
- 30g barley
- 5 spring onions
- Pinch of sea salt
- Pinch of black pepper
- Fresh coriander to garnish

## METHOD

1. Cook barley in water until soft, set aside
2. Wash mushrooms and slice
3. Wash and thinly slice spring onions
4. Gently saute onions in a little butter until soft, add mushrooms and cook for a further 10 minutes
5. Add grated ginger and turmeric, stir to cover mushrooms and spring onions
6. Add beef broth and drained barley
7. Heat through, simmer for a couple of minutes
8. And that is it, you are good to go!

To serve sprinkle with fresh chopped coriander