

a meal for 4  
MUSHROOM  
BARLEY  
soup



all natural  
ingredients  
net wt 4 oz  
(121g)

Simply satisfying

Pennsylvania Woodlands

Homemade in Minutes<sup>®</sup>



Homemade in Minutes.



Pennsylvania Woodlands

MUSHROOM  
BARLEY  
soup

30 minutes from stovetop to table



On your busiest days, when time is short but you want the great taste and substance of a homecooked meal, turn to *Frontier Soups' Homemade in Minutes<sup>™</sup>*. Most varieties cook in 30 minutes or less—not instant, but so easy! Welcome your family and friends to the table with wholesome, satisfying soup—the perfect meal!

WHAT YOU NEED:

- 1/2 lb. sliced fresh mushrooms
- 2 Tbsp butter
- 6 Cups chicken broth
- Freshly ground black pepper
- Optional: 1/2 lb. ground beef (chuck or round)

HERE'S WHAT YOU DO:

In a 4-quart pot, melt butter and sauté fresh mushrooms about 2 minutes. Crumble and add ground beef. Sauté meat and/or mushrooms about 5 minutes. Stir in Soup Mix, add broth, and bring to a boil. Cover and reduce heat and simmer 20 minutes. Add pepper and serve.

INVENTIVE VARIATION:

For a delicious mushroom meatloaf, blend Soup Mix with 2 beaten eggs and 1/4 to 1/2 cup tomato juice or beef broth. Add 1-1/2 to 2 lb ground beef or beef/veal/pork blend and thoroughly mix by hand. Shape into an oblong and bake in a meatloaf pan about 35-40 minutes. Slice and serve.

Frontier Soups  
895 Northpoint Blvd.  
Waukegan, IL 60085  
1-800-300-SOUP

FRONTIERSOUPS.COM



## Nutrition Facts

Serving Size 1/4 cup (20g)  
About 1 cup prepared  
Servings Per Container about 6

Amount Per Serving	Mix	Prepared
<b>Calories</b>	73	155
Calories from Fat	0	45

### % Daily Value\*\*

<b>Total Fat</b> 0g*	<b>0%</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>	<b>15%</b>
Trans Fat 0g		

**Cholesterol** 0mg **0%** **3%**

**Sodium** 6mg **0%** **34%**

**Total Carb** 16g **5%** **6%**

Dietary Fiber 3g **12%** **16%**

Sugars 0g

**Protein** 2g

Vitamin A 12% 16%

Vitamin C 35% 37%

Calcium 1% 2%

Iron 4% 9%

\*Amount in Mix

\*\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: BARLEY FLAKES, SHIITAKE MUSHROOMS, ONIONS, RED PEPPERS, CARROTS, ITALIAN PARSLEY, SPICES, HERBS.

**NO ADDED SALT,  
PRESERVATIVES OR MSG.**

**ALLERGEN INFORMATION:**  
Contains gluten in barley.

OTHER WHOLESOME  
AND DELICIOUS VARIETIES OF  
HOMEMADE IN MINUTES<sup>®</sup> SOUPS:  
Carolina Springtime Asparagus Almond  
Chicago Bistro French Onion  
Connecticut Cottage Chicken Noodle  
Florida Sunshine Red Pepper Corn Chowder  
Idaho Outpost Potato Leek  
Midwest Weekend Cincinnati Chili  
Mississippi Delta Tomato Basil  
New Orleans Creole Jambalaya  
Oregon Lakes Wild Rice and Mushroom  
San Francisco Thai Golden Peanut  
South of the Border Tortilla  
Virginia Blue Ridge Broccoli Cheddar



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AND YOUR OWN INVENTIVE VARIATIONS —  
WITH US! Send recipe ideas/comments to  
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