RECIPE

Garden Barley Soup

Break out the barley to make a comforting vegetable soup on a cold or rainy day.

Makes: 6 servings Prep Time: 5 minutes Cook Time: 80 minutes

Source: www.choosemyplate.gov/recipes

Ingredients

- 46 fluid ounces tomato juice
- 1 can beef broth (10.5 ounce)
- 1 cup barley (regular)
- 1/4 cup sugar
- 1 tablespoon Worcestershire sauce
- 1 bay leaf
- 1/2 teaspoon thyme leaves (crushed)
- 1/4 teaspoon salt
- 2 cups zucchini (coarsely chopped)
- 1 tomato (medium, chopped)
- 1/2 cup green pepper (chopped)

Directions

- 1. In a Dutch oven or stock pot, combine tomato juice, beef broth, barley, sugar and seasonings. Bring to boil; reduce heat.
- 2. Cover; simmer 1 hour.
- 3. Add vegetables. Return to boil; reduce heat.
- 4. Cover; simmer 15-20 minutes or until vegetables and barley are tender.

Utensils Needed

- Measuring cups
- · Measuring spoons
- Cutting board
- Knife
- Stock pot or Dutch oven
- Mixing spoon



Small Changes, BIG Difference!



Nutrition Information

Serving Size: 1/6 of recipe	
Nutrients	Amount
Calories:	217
Total Fat:	<u>1 g</u>
Saturated Fat:	<u>0 g</u>
Cholesterol:	<u>0 mg</u>
Sodium:	<u>1,122 mg</u>
Total Carbohydrates:	<u>50 g</u>
Dietary Fiber:	<u>6 g</u>
Total Sugars:	<u>19 g</u>
Added Sugars:	<u>8 g</u>
Pr <u>otein</u>	<u>6 g</u>
Vitamin D	<u>0 mcg</u>
Calcium	<u>55 mg</u>
Iron	<u>3 mg</u>
Potassium	<u>872 mg</u>



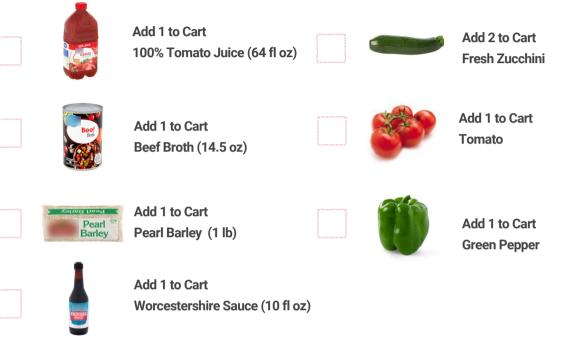
SHOPPING LIST

Average total cost without oil and seasonings: \$8.24 Average cost/serving: \$1.37

Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



SAVE TIME, SAVE MONEY

Shopping & Substitution Tips

- When shopping, look for "low-sodium" broth to reduce sodium in the recipe.
- Make sure to buy tomato juice that says 100% juice.
- You can use brown rice in place of barley.

Similar Recipes

- Consider trying other recipes with similar ingredients found on snapedny.org, such as:
 - Barley and Lentil Soup
 - Beef Barley Soup
 - Barley Pilaf



My Cooking Notes