

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:	1 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	1,122 mg
Total Carbohydrates:	50 g
Dietary Fiber:	6 g
Total Sugars:	19 g
Added Sugars:	8 g
Protein	6 g
Vitamin D	0 mcg
Calcium	55 mg
Iron	3 mg
Potassium	872 mg

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

<input type="checkbox"/>		Add 1 to Cart 100% Tomato Juice (64 fl oz)	<input type="checkbox"/>		Add 2 to Cart Fresh Zucchini
<input type="checkbox"/>		Add 1 to Cart Beef Broth (14.5 oz)	<input type="checkbox"/>		Add 1 to Cart Tomato
<input type="checkbox"/>		Add 1 to Cart Pearl Barley (1 lb)	<input type="checkbox"/>		Add 1 to Cart Green Pepper
<input type="checkbox"/>		Add 1 to Cart Worcestershire Sauce (10 fl oz)			

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