

Barley Lentil Soup

All food groups are represented in this one dish. Also, this recipe is a great lunch option - a rich source of fiber and low in sodium.

Makes: 8 servings

Source: cookingmatters.org recipe - barley lentil soup

Ingredients

- 3 medium carrots, diced
- 2 medium onions, diced
- 3 large cloves garlic, minced
- 4 cups fresh spinach, chopped
- $\frac{3}{4}$ cup pearl barley
- 1 Tablespoon canola oil
- 1 teaspoon ground paprika
- $\frac{1}{2}$ teaspoon ground cayenne pepper
- 6 cups water
- 4 cups low-sodium chicken or vegetable broth
- 1 cup dried lentils
- 1 (14.5 ounce) can diced tomatoes
- $\frac{1}{4}$ teaspoon ground black pepper
- $\frac{1}{4}$ cup grated Parmesan cheese or mozzarella (optional)

Utensils Needed

- Knife
- Cutting Board
- Large Pot
- Spoon
- Measuring Utensils
- Colander



Small Changes,
BIG Difference!

Click image to watch the recipe video



Nutrition Information

Serving Size: 1 Cup	
Nutrients	Amount
Calories:	210
Total Fat:	3 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	370 mg
Total Carbohydrates:	38 g
Dietary Fiber:	10 g
Total Sugars:	5 g
Added Sugars:	0 g
Protein	11 g

Directions

1. In a colander, rinse barley with cold water.
(This will eliminate the excess of starches and prevent stickiness)
2. In a large pot heat oil over medium-high heat.
3. Add carrots and onions to the pot - cook until slightly soft.
4. Stir the garlic, paprika, and cayenne pepper into the mix.
5. Add $\frac{3}{4}$ cups of barley, water, and 4 cups of vegetable broth to pot. Bring to a boil.
6. Reduce heat to low. Partially cover with a lid and let simmer for 15 minutes.
7. Rinse lentils with cold water and add to pot, along with tomatoes. Cover and simmer for 30 minutes.
8. Add spinach and pepper to the soup. Cover the soup and let it simmer for 5 more minutes to concentrate the flavor.
9. When serving - top with parmesan or mozerella cheese if desired.

SHOPPING LIST

Average total cost without oil and seasonings: \$18.31

Average cost/serving: \$2.29

Recipe Makes: 8 Servings

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

Ingredients



Add 1 to Cart
2lb bag whole carrots



(Optional) Add 1 to Cart
Grated Parmesan Cheese (5 oz)



Add 2 to Cart
Fresh yellow onions (20 oz avg)



Add 1 to Cart
Fresh Garlic Bulb (4 oz avg)



Add 1 to Cart
Fresh Spinach (16oz)



Add 1 to Cart
Goya Barley (16oz)



Add 1 to Cart
ShopRite Chicken Broth - Lower Sodium 32 oz



Add 1 to Cart
Goya Lentils 16 oz



Add 1 to Cart
Diced Tomatoes (14.5 oz can)

My Cooking Notes
