

Barley Lentil Soup

This recipe is a good source of fiber, which may help protect you against some diseases.

Ingredients:

- 1 tablespoon vegetable oil
- 1 cup sliced onion
- 1 teaspoon garlic, minced
- 1 cup sliced carrots
- 1 cup sliced celery
- 1 can stewed diced tomatoes
- 3 cups chicken or vegetable broth
- 3 cups water
- 1 cup lentils
- 2/3 cup barley
- 1/2 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- salt and black pepper to taste

Directions:

1. Heat vegetable oil in large soup pan over medium-high heat. Cook garlic and onion until they are golden brown, about 1 or 2 minutes.
2. Add the rest of the ingredients and bring to a boil. Lower the heat so the mixture is at a light simmer. Place a lid on the pot.
3. Cook until the barley and lentils are tender, about one hour to an hour and a half.
4. Serve hot in a soup bowl.
5. Refrigerate leftovers within 2-3 hours.

Nutrition Facts

Serving Size 1 cup (236g)	
Servings Per Container 10	
Amount Per Serving	
Calories 160	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	15%
Total Carbohydrate 28g	9%
Dietary Fiber 6g	24%
Sugars 4g	
Protein 8g	
Vitamin A 45%	Vitamin C 8%
Calcium 4%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

10 servings, 1 cup each

Bright Ideas: This soup goes well with a large tossed salad and whole grain bread.

Source: Adapted: Communicating Food for Health. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>