

Beef Barley Soup

This recipe is a good source of Vitamin A, which keeps eyes and skin healthy.

Ingredients:

- 1 pound lean ground beef (10% or less)
- 1 medium carrot diced, about 1 cup
- 1 medium onion diced, about 1 cup
- 1 stalk celery chopped, about 1 cup
- 2 garlic cloves, finely chopped
- 1 cup barley
- 8 cups water
- 1 cube beef bouillon
- 1 (14 ounce) can tomatoes
- 1/2 teaspoon pepper
- Optional: 1/2 cup finely chopped parsley or kale and 1 cup sliced mushrooms

Directions:

1. In large sauce pot, cook ground beef over medium heat.
2. Add carrots, onion, celery, and garlic; stir often and cook for about 5 minutes.
3. Add 8 cups of water, bouillon, tomatoes, and barley. Bring to a boil.
4. Cover and reduce heat to a low boil. Cook for 30-40 minutes.
5. Add parsley and seasonings when barley is tender.
6. Serve immediately. Refrigerate leftovers within 2-3 hours.

Nutrition Facts

Serving Size 1 cup (245g)			
Servings Per Container 14			
Amount Per Serving			
Calories 110	Calories from Fat 15		
% Daily Value*			
Total Fat 1.5g	2%		
Saturated Fat 0.5g	3%		
Trans Fat 0g			
Cholesterol 20mg	7%		
Sodium 610mg	25%		
Total Carbohydrate 15g	5%		
Dietary Fiber 3g	12%		
Sugars 2g			
Protein 8g			
Vitamin A 35%		• Vitamin C 10%	
Calcium 4%		• Iron 6%	
*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

14 servings, 1 cup each

Bright Ideas:

Source: Oregon State University Extension Service. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>