



A Nutrition Resource

VEGETABLE BARLEY SOUP

Yield: 8 Servings | Serving Size: 1 cup

Cost/Serving: \$0.75

Ingredients:

- 1 Tablespoon vegetable oil
- 1 cup chopped onion
- 1 cup chopped carrot
- 1/2 cup chopped celery
- 1/2 cup uncooked pearl barley
- 1 (14.5-ounce) can diced tomatoes
- 1 (15-ounce) can white northern pinto beans, rinsed and drained
- 6 cups water
- 2 cubes or teaspoons vegetable or chicken bouillon
- 1 Tablespoon Italian seasoning
- 1 bay leaf (optional)
- 2 cups chopped cabbage
- Salt and pepper to taste

Directions:

- 1) In a 3 quart or larger pot, cook vegetable oil, onions, carrots, and celery over medium heat, stirring often, until onion has softened.
- 2) Add barley and stir. Add tomatoes, drained beans, water, and bouillon. Add bay leaf (if using).
- 3) Bring to a boil. Reduce heat to low to simmer. Cover pot and gently cook soup for about 1 hour or until barley is soft.
- 4) Add chopped cabbage and season to taste with salt and pepper.
- 5) Let cook for 5 to 10 minutes to wilt cabbage. Remove bay leaf before serving. Serve hot.

Nutrition Facts

8 servings per container

Serving size 1 cup (353g)

Amount per serving

Calories 160

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 330mg 14%

Total Carbohydrate 28g 10%

Dietary Fiber 7g 25%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 7g

Vitamin D 0mcg 0%

Calcium 78mg 6%

Iron 2mg 10%

Potassium 464mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Slow Cooker Variation

1. In a 3-quart pot, cook vegetable oil, carrot, and celery over medium heat, stirring often, 3 to 5 minutes.
2. Stir in the barley. Add tomatoes, drained beans, bouillon, and bay leaf (if using).
3. Transfer mixture to slow cooker; add cabbage and 4 cups of water.
4. Set slow cooker to LOW and cook for 6 to 8 hours. Season to taste with salt and pepper and serve hot.

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