

Beef Vegetable Barley Soup

Makes 9 servings

Ingredients

- 1 pound beef roast, cut into 1 inch cubes
- 2 cup carrots, sliced
- 2 cups celery, sliced
- 1 medium onion, diced
- 2 dried bay leaves
- 2 15-ounce cans no salt added petite tomatoes
- 1/3 cup low sodium beef paste
- 1 16-ounce box pearl barley
- 13 cups water

Directions

1. Add oil to large pot. Add the beef and brown on all sides for about 3 to 5 minutes. Do not worry if the meat is not cooked all the way through as it will continue to cook in the soup.
2. Add the carrots, celery, onion, tomatoes, bay leaves and beef base. Cook for another 5 minutes.
3. Add the barley and water. Simmer on stove top for 2 hours on low heat. You may need to add more water due to evaporation during cooking
4. Remove bay leaves before serving.

*Option not included in nutrition facts.



MAIN DISH



TIP

Serve this soup with a crusty bread for added texture and flavor.*

= low sodium

Visit allinahealth.org/recipes for more healthful recipe ideas.

© 2021 ALLINA HEALTH SYSTEM. TM - A TRADEMARK OF ALLINA HEALTH SYSTEM. OTHER TRADEMARKS USED ARE OWNED BY THEIR RESPECTIVE OWNERS

nutr-ah-59571 (3/21)

Nutrition Facts

Serving Size 2 cups soup (554g)
Servings Per Container 9

Amount Per Serving

Calories 300 **Calories from Fat 45**

Total Fat 5g 8%

 Saturated Fat 1g 5%

 Trans Fat 0g

Cholesterol 25mg 8%

Sodium 500mg 21%

Total Carbohydrate 49g 16%

 Dietary Fiber 10g 40%

 Sugars 7g

Protein 17g

Vitamin A 100% • **Vitamin C 25%**

Calcium 20% • **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	65g
Saturated Fat	Less than	35g	35g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	370g
Dietary Fiber		25g	25g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: wheat, soy, barley
Carb choices per serving: 3