

GARDEN BARLEY SOUP

From the University of Illinois Extension Service

<http://web.aces.uiuc.edu/wellnessways/>

Ingredients:

- 1 can (46 ounce) tomato juice
- 1 can (10 1/2 ounce) beef broth
- 1/3 cup regular barley
- 1/4 cup sugar
- 1 Tbsp. Worcestershire sauce
- 1 bay leaf
- 1/2 tsp. crushed thyme leaves
- 1/4 tsp. salt
- 2 cups coarsely chopped zucchini
- 1 medium chopped tomato
- 1/2 cup chopped green pepper

Instructions:

1. In a Dutch oven or stock pot, combine tomato juice, beef broth, barley, sugar and seasonings. Bring to boil; reduce heat.
2. Cover; simmer 1 hour.
3. Add vegetables. Return to boil; reduce heat.
4. Cover; simmer 15-20 minutes or until vegetables and barley are tender

Makes six servings

Cost:

Per Recipe: \$ 4.33

Per Serving: \$ 0.72

Nutritional information per serving (6 servings)

Calories: 130

Calories from fat: 5

Total fat: .5g

Saturated fat: 0

Trans fat: 0

Cholesterol: 0mg

Sodium: 330mg

Total carbohydrate: 29g

Dietary fiber: 4g

Sugars: 19g

Protein: 4g

Vitamin A: 30%

Vitamin C: 130%

Calcium: 4%

Iron: 10%

Percent daily values are based on a 2000 calorie diet.



Wellness Center