

Vegetable Soup with Barley

Soup of the Month – December 2013



Veggies galore. Vegetable soup full of nutrients and love warms little tummies on a cold afternoon.

Prep Time: 25 Min

Start to Finish: 6 Hr. 25 Min

Makes: 10 servings (1 1/2 cups each)

INGREDIENTS

- 1 cup uncooked regular pearl barley
- 1 dried bay leaf
- 1/2 teaspoon fennel seed
- 1 1/2 cups ready-to-eat baby-cut carrots, halved crosswise
- 1 cup sliced celery (2 medium stalks)
- 1 medium onion, chopped (about 1/2 cup)
- 1/2 cup chopped green bell pepper (1/2 medium)
- 2 cloves garlic, finely chopped
- 1 large dark-orange sweet potato, peeled, cubed
- 1 1/2 cups frozen corn
- 1 1/2 cups frozen cut green beans
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3 1/2 cups vegetable broth with 1/3 less sodium or reduced-sodium chicken broth (from 32-oz carton)
- 6 cups water
- 1 can (14.5 oz.) diced tomatoes with basil and garlic, un-drained

DIRECTIONS

1. In 5- to 6-quart slow cooker, layer all ingredients except tomatoes; do not stir.
2. Cover; cook on Low heat setting 6 to 8 hours.
3. About 10 minutes before serving, stir tomatoes into soup. Cover; cook on Low heat setting about 10 minutes longer or until tomatoes are hot. Remove and discard bay leaf before serving.

Recipe Provides: Grains 1oz-equivalents, Vegetables 3/4c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 1/2 cup	Calories:	140	Calories from Fat:	0
Total Fat:	1/2 g	Saturated Fat:	0 g	Cholesterol:	0 mg
Sodium:	350 mg	Total Carbohydrate:	31 g	Dietary Fiber:	6 g
Sugars:	6 g	Protein:	6 g		

This recipe adapted from WWW.eatbetterearly.com