

Beef and Barley Soup

Soup of the Month March - 2015



Come home to a filling slow-cooked soup featuring beef, barley and veggies. It makes a scrumptious meal.

Prep Time: 20 Min

Start to Finish: 9 Hrs. 40 Min

Makes: 8 servings (about 1 1/2 cups each)

INGREDIENTS

1 1/4 to 1 1/2 lb. beef stew meat
3 medium carrots, sliced (1 1/2 cups)
1 large onion, chopped (1 cup)
2 cloves garlic, finely chopped
2/3 cup frozen corn (from 12-oz bag), thawed
2/3 cup uncooked pearl barley
1/2 teaspoon pepper
1 can (14.5 oz.) no-salt added diced tomatoes, undrained
5 1/4 cups reduced-sodium beef-flavored broth (from two 32-oz cartons)
1 cup frozen sweet peas (from 12-oz bag), thawed

DIRECTIONS

1. Spray 5- to 6-quart slow cooker with cooking spray. In slow cooker, mix all ingredients except peas.
2. Cover; cook on Low heat setting 9 to 10 hours.
3. Stir in peas. Increase heat setting to High. Cover; cook 20 to 30 minutes longer or until peas are tender.

Recipe Provides: Meat & Beans 2oz-equivalents, Vegetables 1/4c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Total Fat:	8 g	Saturated Fat:	3 g
Calories:	240	Calories from Fat:	70	Carbohydrates:	24 g
Cholesterol:	40 mg	Dietary Fiber:	5 g	Sodium:	350 mg
Sugars:	5 g	Protein:	18 g		



Recipe adapted from www.eatbetterearly.com