

Recipe of the Month



Beefy Mushroom and Barley Soup

- one and a half lbs. boneless beef round steak, cut one inch cubes
- five cups fresh mushrooms, sliced
- three medium carrots, sliced (one and a half cups)
- two large cloves garlic, finely chopped
- half a cup of uncooked barley
- five cups of beef flavored broth
- half a teaspoon of dried thyme leaves
- add pepper to taste



Spray slow cooker with cooking spray. In cooker, mix ingredients. Cook on low heat for eight to ten hours. Stir well and serve. Approximately eight servings.

Nutritional Information per Serving

calories: 220

total fat: 4 g

saturated fat: one and a half g

protein: three g

carbohydrates: eighteen g

cholesterol: sixty five mg

dietary fiber: three grams

sodium: 40 mg



Recipe adapted from www.eatbetterearly.com