

BEEF BARLEY SOUP

Yield: approximately 10 - 6 ounce servings

INGREDIENTS

- * ½ lb Ground beef
- * 2/3 cup diced onions
- * 2/3 cup diced celery
- * 2/3 cup diced carrots
- * ½ tsp minced garlic
- * 1/8 tsp ground bay leaf
- * ¼ tsp ground basil
- * 4 cups hot water
- * 2 ½ Tb beef base
- * 8 oz. diced tomatoes
- * 1 ½ Tb pearl barley, raw
- * ½ cup frozen mixed vegetables (peas, carrots, corn)

DIRECTIONS

- * Cook ground beef, onions, celery, carrots and garlic until beef is no longer pink and onions are transparent.
- * Add spices and stir.
- * Dissolve beef base in water, add to beef mixture.
- * Stir in diced tomatoes and barley and cook until barley is tender.
- * Add mixed vegetables, cook an additional 5 minutes.
- * Enjoy!

NUTRITIONAL INFORMATION PER SERVING

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| * Calories: 133 | * Carbohydrates: 7 g |
| * Cholesterol: 31 mg | * Total Fat: 7 g |
| * Sodium: 196 mg | * Trans Fats: 0 |
| * Fiber: 2 g | |



Recipe courtesy of
Saint Paul Public Schools Nutrition Services