

Barley Beer-Burger Soup

North Garden Inn - Bellingham, WA
The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 4

1 onion, sliced
1 pound ground beef
1 cup pearl barley, cooked and drained
3 carrots, diced
1 bunch broccoli, flowerets only
1 cup water
1 bottle beer
salt (to taste)
white pepper (to taste)
garlic powder

Copyright: James Stroman

In a skillet, saute' the onion with the ground beef.
Drain off the fat.

In a stock pot, place the barley, onions, ground beef, carrots, broccoli, water and beer. Cook until the vegetables are tender but still crisp.

Season to taste with salt, pepper and garlic powder.

Per Serving (excluding unknown items): 641 Calories; 31g Fat (44.7% calories from fat); 29g Protein; 58g Carbohydrate; 15g Dietary Fiber; 96mg Cholesterol; 149mg Sodium. Exchanges: 2 1/2 Grain(Starch); 2 1/2 Lean Meat; 3 Vegetable; 4 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	641
% Calories from Fat:	44.7%
% Calories from Carbohydrates:	36.7%
% Calories from Protein:	18.7%
Total Fat (g):	31g
Saturated Fat (g):	12g
Monounsaturated Fat (g):	13g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	96mg
Carbohydrate (g):	58g

Vitamin B6 (mg):	.8mg
Vitamin B12 (mcg):	3.0mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	145mcg
Niacin (mg):	9mg
Caffeine (mg):	0mg
Alcohol (kcal):	37
% Refuse:	n n%

Food Exchanges

Dietary Fiber (g): 15g
 Protein (g): 29g
 Sodium (mg): 149mg
 Potassium (mg): 1133mg
 Calcium (mg): 122mg
 Iron (mg): 5mg
 Zinc (mg): 6mg
 Vitamin C (mg): 148mg
 Vitamin A (i.u.): 19761IU
 Vitamin A (r.e.): 1975 1/2RE

Grain (Starch): 2 1/2
 Lean Meat: 2 1/2
 Vegetable: 3
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 4 1/2
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 641 Calories from Fat: 286

% Daily Values*

Total Fat	31g	48%
Saturated Fat	12g	62%
Cholesterol	96mg	32%
Sodium	149mg	6%
Total Carbohydrates	58g	19%
Dietary Fiber	15g	59%
Protein	29g	

Vitamin A	395%
Vitamin C	247%
Calcium	12%
Iron	27%

* Percent Daily Values are based on a 2000 calorie diet.