

Beef Barley Soup

Michael Tyrrell

Family Circle Magazine - February 2013

Servings: 6

1 tablespoon vegetable oil
1 1/4 pounds beef chuck for stew, cut into one-inch pieces
1 teaspoon salt
1/8 teaspoon black pepper
1 large onion, sliced
3 cloves garlic, chopped
1 container (26 ounce) unsalted beef stock
3 cups water
2 large carrots, peeled and sliced
2 ribs celery, sliced
1 can (14-1/2 ounce) no-salt-added diced tomatoes
8 ounces sliced white mushrooms
3/4 cup barley
1/2 teaspoon dried thyme
1 cup frozen peas, thawed
chopped parsley (optional)

Preparation Time: 20 minutes

Cook Time: 1 hour 40 minutes

Heat the oil in a large pot over medium-high heat. Season the beef with 1/4 teaspoon of salt and the black pepper and add to the pot. Saute' for 5 minutes, turning once.

Add the onion and garlic. Cook for 5 minutes, stirring occasionally.

Add the stock, water, carrots and celery. Cover and simmer for 60 minutes, stirring occasionally.

Add the tomatoes, mushrooms, barley, remaining 3/4 teaspoon of the salt and the thyme. Simmer for 30 minutes, covered, stirring occasionally.

Stir in the peas and simmer for 2 minutes.

Garnish with parsley, if desired.

Per Serving (excluding unknown items): 142 Calories; 3g Fat (18.3% calories from fat); 5g Protein; 25g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 409mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Vegetable; 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	142	Vitamin B6 (mg):	.2mg
% Calories from Fat:	18.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	68.7%	Thiamin B1 (mg):	.2mg

% Calories from Protein:	13.0%
Total Fat (g):	3g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	25g
Dietary Fiber (g):	6g
Protein (g):	5g
Sodium (mg):	409mg
Potassium (mg):	292mg
Calcium (mg):	38mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	9mg
Vitamin A (i.u.):	6953IU
Vitamin A (r.e.):	695RE

Riboflavin B2 (mg):	.1mg
Folacin (mcg):	28mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	142	Calories from Fat: 26
-----------------	-----	-----------------------

% Daily Values*

Total Fat	3g	5%
Saturated Fat	trace	2%
Cholesterol	0mg	0%
Sodium	409mg	17%
Total Carbohydrates	25g	8%
Dietary Fiber	6g	23%
Protein	5g	

Vitamin A	139%
Vitamin C	15%
Calcium	4%
Iron	9%

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