

Potato Beef Barley Soup

Kendra McKenzie - Fredericktown, OH
Taste of Home Recipe Book 2015

Servings: 12

Yield: 4 quarts

*1 1/2 pounds lean (90%)
ground beef
1 large green pepper,
chopped
7 cups water
1 package (32 ounce)
frozen cubed hash brown
potatoes
1 can (28 ounce) crushed
tomatoes, undrained
2 tablespoons reduced-
sodium soy sauce
2 1/2 teaspoons garlic
powder
2 1/2 teaspoons dried
thyme
1 1/2 teaspoons salt
1/2 teaspoon pepper
1 package (16 ounce)
frozen cut green beans
1/2 cup quick-cooking
barley*

Preparation Time: 10 minutes

Cook Time: 30 minutes

In a Dutch oven coated with cooking spray, cook the beef and green pepper over medium heat until the meat is no longer pink. Drain. Stir in the water, potatoes, tomatoes, soy sauce, garlic powder, thyme, salt and pepper. Bring to a boil. Reduce the heat. Cover. Simmer for 10 to 15 minutes or until the potatoes are tender.

Return to a boil. Stir in the beans and barley. Reduce the heat. Cover. Simmer for 10 to 12 minutes or until the beans and barley are tender. Remove from the heat.

Let stand for 5 minutes.



Per Serving (excluding unknown items): 9 Calories; trace Fat (5.6% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 378mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fat.