

Beef & Barley Soup

Make this soup the night before to allow time for its flavours to develop. Pour hot servings into a thermos to take for lunch or reheat individual portions in the microwave as needed.

Ingredients:

Cooking spray

2 cups chopped onion (about 1 large)

1 pound chuck steak, trimmed & cut into ½ inch cubes

1 ½ cups chopped, peeled carrot (about 4)

1 cup chopped celery (about 4 stalks)

5 garlic cloves, minced

1 cup uncooked pearl barley

5 cups fat-free, less-sodium beef broth

2 cups water

½ cup no salt added tomato puree

½ tsp kosher salt

¼ tsp freshly ground black pepper

2 bay leaves



Nutritional Information (per serving):

Calories: 275

Total Fat: 5g

Sat. Fat: 1.6g

Carbs: 36g

Fiber: 8g

Protein: 21.8g

Preparation:

1. Heat a large Dutch oven over medium heat. Coat pan with cooking spray. Add chopped onion and beef to pan; cook 10 minutes or until onion is tender and beef is browned, stirring occasionally.
2. Add chopped carrot & celery to pan; cook 5 minutes, stirring occasionally. Stir in garlic; cook 30 seconds.
3. Stir in barley and remaining ingredients, and bring to a boil.
4. Cover, reduce heat, and simmer for 40 minutes or until the barley is done and vegetables are tender. Discard bay leaves. Yields 6 servings (1 ¾ cup).

Serve with whole-grain crusty bread, crackers or whole-wheat pita chips.