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Barley Soup

Ingredients:

- ¼ cup barley
- 6 cups boiling vegetable broth
- 1 cup carrots, sliced
- ½ cup celery, chopped
- ¼ cup onions, chopped
- 1 cup fresh or frozen peas
- ½ cup parsley, chopped

Makes 6 serving - 0% calories from fat

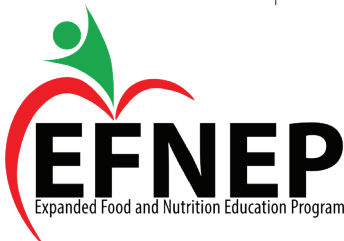
Instructions:

1. Put barley and broth in a heavy sauce pan. Cover and simmer until barley is tender (about 1 hour).
2. Add remaining ingredients, except parsley. Cover and cook until vegetables are tender.
3. Add parsley and remove from heat.

Note:

- A leftover hambone may be included in recipe for added flavor. When using a ham bone use low sodium vegetable broth to keep the sodium at a minimum.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 620mg	26%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 3g	
Vitamin A 80%	Vitamin C 15%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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