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Beef Barley Soup

Ingredients:

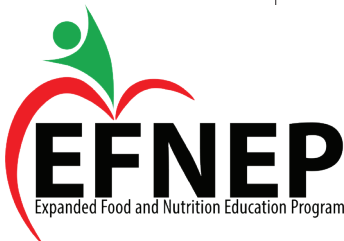
- ½ Tablespoon vegetable oil
- 1 pound beef stew meat
- 8 cups water
- 2 beef bouillon cubes, low sodium
- ½ cup hot water
- 1 (14½-ounce) can stewed tomatoes
- 1 cup carrots, pared and sliced
- 1 cup chopped onion
- 1 cup sliced celery
- ⅓ cup pearl barley
- ¼ cup finely chopped parsley
- ½ teaspoon salt
- ½ teaspoon pepper

Makes 10 serving - 36% calories from fat

Instructions:

1. In a large saucepot add oil, heat until hot. Cut meat into 1 inch cubes; add meat to pot and brown.
2. Add water and bring to a boil. Reduce heat, cover and simmer for 1 hour or until meat is fork tender.
3. Remove meat, shred with 2 forks and set aside.
4. Dissolve bouillon in ½ cup water, add to saucepot with remaining ingredients.
5. Stir in meat. Cover and simmer 1-½ to 2 hours or until vegetables are tender.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 10	
Amount Per Serving	
Calories 150	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 270mg	11%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 12g	
Vitamin A 50%	• Vitamin C 15%
Calcium 4%	• Iron 10%
*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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