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Garden Barley Soup

Ingredients:

- 1 large sweet potato, peeled and cubed
- 1 cup corn, frozen
- 1 cup carrots, diced
- 1 cup cut green beans, frozen
- 3 celery ribs, thinly sliced
- 1 small onion, chopped
- 1 cup green pepper, chopped
- 2 cloves garlic, minced
- 6 cups water
- 2 (14½ ounce) cans vegetable broth
- 1 cup medium pearl barley, raw
- 1 bay leaf
- 1 teaspoon fennel seed, crushed (optional)
- ¼ teaspoon blackpepper
- 1 (14½ ounce) can diced tomatoes

Makes 10 servings - 0% calories from fat

Instructions:

1. In a 5 quart slow cooker, combine first eight ingredients. Stir in the water, broth, barley and seasonings. Cover and cook on low for 8- 9 hours, or until barley and vegetables are tender.
2. Stir in tomatoes; cover and cook on high 10-20 minutes or until heated through. Discard bay leaf before serving.

Notes:

- May substitute white potatoes, any assorted frozen vegetables on hand; leftover fresh vegetables from farmers market, etc.
- Can be cooked on stove top in about 45 minutes to 1 hour. Start on medium high heat, then lower heat to medium when soup starts to simmer.

Nutrition Facts	
Serving Size 1 1/2 cup	
Servings Per Container 10	
Amount Per Serving	
Calories 130	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 460mg	19%
Total Carbohydrate 29g	10%
Dietary Fiber 6g	24%
Sugars 4g	
Protein 4g	
Vitamin A 90%	Vitamin C 40%
Calcium 4%	Iron 6%
*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	



Revised July 2021

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USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.