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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 (14 1/2 ounce) cans vegetable broth
1 cup medium pearl barley, raw
1 bay leaf
1 teaspoon fennel seed, crushed (optional)
1/4 teaspoon black pepper
1 (14 1/2 ounce) can diced tomatoes

Makes 10 servings

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

Table with 2 columns: Amount Per Serving and % Daily Value. Includes rows for Total Fat, Sodium, Total Carbohydrate, Protein, and various vitamins/minerals.

0% calories from fat

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