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Speedy Beef Vegetable Barley Soup

Ingredients

- 1/2 pound lean ground beef
1 bay leaf
2 cups water
1 large carrot, cut up
2 stalks celery, cut up
1 small onion, chopped
1 cup canned tomatoes
1/4 cup pearl barley
1/2 teaspoon salt, optional
1/8 teaspoon pepper
2 cups beef broth, low sodium

Instructions

- 1. Brown the meat in a deep saucepan.
2. Add the bay leaf and the water; cover and heat until the water boils.
3. Turn the heat to low and cook 20-30 minutes.
4. Remove bay leaf.
5. Add the rest of the ingredients; cover and bring the soup to a boil.
6. Turn heat to low and cook about 20 minutes or until vegetables and barley are tender.

Makes 6 servings

Nutrition Facts
Serving Size 1 1/4 cup
Servings Per Container 6
Amount Per Serving
Calories 130 Calories from Fat 40
% Daily Value*
Total Fat 4.5g 7%
Saturated Fat 1.5g 8%
Trans Fat 0g
Cholesterol 25mg 8%
Sodium 280mg 12%
Total Carbohydrate 12g 4%
Dietary Fiber 3g 12%
Sugars 3g
Protein 11g
Vitamin A 45% • Vitamin C 8%
Calcium 4% • Iron 8%
*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

31% calories from fat

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