



## Barley Soup

### Ingredients

- 1/4 cup barley
- 6 cups boiling vegetable broth
- 1 cup carrots, sliced
- 1/2 cup celery, chopped
- 1/4 cup onions, chopped
- 1 cup fresh or frozen peas
- 1/2 cup parsley, chopped

Makes 6 servings

### 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.

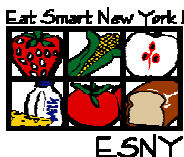
### Nutrition Facts

Serving Size 1 cup		Servings Per Container 6	
<b>Amount Per Serving</b>			
<b>Calories</b> 90	<b>Calories from Fat 0</b>		
<b>% Daily Value*</b>			
<b>Total Fat</b> 0g	<b>0%</b>		
Saturated Fat 0g	<b>0%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 0mg	<b>0%</b>		
<b>Sodium</b> 620mg	<b>26%</b>		
<b>Total Carbohydrate</b> 19g	<b>6%</b>		
Dietary Fiber 3g	<b>12%</b>		
Sugars 7g			
<b>Protein</b> 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

0% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

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