

Beans, Greens and Grains Soup

Ingredients

- 1 Tablespoon olive oil
- 1 medium onion, diced
- 2 cloves garlic, minced
- ½ teaspoon black pepper
- 6 cups fresh greens, washed (or 2 cups cooked)
- 1 (15-ounce) can black eyed peas
- 2 cups chicken broth (low sodium)
- 1/3 cup barley, quick cooking, dry
- 1/3 cup brown rice, dry

Makes 4 servings

Instructions

1. In a large sauce pan add oil; heat oil. Add onions, garlic and pepper, sauté until tender.
2. Add washed, chopped greens. Cover to sweat (like steaming), stir often.
3. Drain and rinse peas, add to ingredients in sauce pan, stir until blended.
4. Add chicken broth, barley and rice, stir until combined. Bring to a boil, stir again, reduce heat to a simmer, cover and cook 40 minutes until barley and rice are done.

Notes:

- For added flavor add a sprig of rosemary, sage or thyme to soup.
- Start with less bitter greens, such as spinach or Swiss chard.
- Other beans may also be substituted.

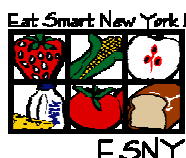
Nutrition Facts

Serving Size 1 3/4 cup	
Servings Per Container 4	
Amount Per Serving	
Calories 270	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 810mg	34%
Total Carbohydrate 48g	16%
Dietary Fiber 9g	36%
Sugars 2g	
Protein 10g	
Vitamin A 110%	• Vitamin C 35%
Calcium 10%	• Iron 20%
*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

13% calories from fat

Source: Adapted from: Food Bank of Central New York.

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