

Beef Barley Soup

Ingredients

½ Tablespoon vegetable oil
1 pound beef stew meat
8 cups water
2 beef bouillon cubes, low sodium
½ cup hot water
1 (14½-ounce) can stewed tomatoes
1 cup carrots, pared and sliced
1 cup chopped onion
1 cup sliced celery
⅓ cup pearl barley
¼ cup finely chopped parsley
½ teaspoon salt
½ teaspoon pepper

Makes 10 servings

Instructions

1. In a large saucepot add oil, heat until hot. Cut meat into 1 inch cubes; add meat to pot and brown.
2. Add water and bring to a boil. Reduce heat, cover and simmer for 1 hour or until meat is fork tender.
3. Remove meat, shred with 2 forks and set aside.
4. Dissolve bouillon in ½ cup water, add to saucepot with remaining ingredients.
5. Stir in meat. Cover and simmer 1-½ to 2 hours or until vegetables are tender.

Nutrition Facts

Serving Size 1 cup
Servings Per Container 10

Amount Per Serving

Calories 150 **Calories from Fat** 60

% Daily Value*

Total Fat 6g **9%**

 Saturated Fat 2g **10%**

 Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 270mg **11%**

Total Carbohydrate 11g **4%**

 Dietary Fiber 2g **8%**

 Sugars 3g

Protein 12g

Vitamin A 50% • Vitamin C 15%

Calcium 4% • Iron 10%

*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

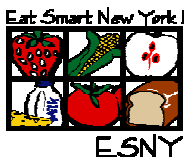
Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

36% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

October 2009



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

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

