



## Stone Soup

### Ingredients

5 cups water

2 cups low sodium beef broth

1 teaspoon salt

¼ teaspoon pepper

1½ cups chopped carrots

½ head of cabbage, sliced in wedges

½ pound stew beef *or* leftover roast beef, cubed

3 large potatoes, cubed

½ large sweet onion, chopped

½ cup quick cooking barley

Makes 10 servings

### Instructions

1. In a 5 quart stew pot, add all the ingredients.
2. Bring to a boil then reduce heat and simmer for 20-25 minutes.

### Nutrition Facts

Serving Size 1 1/2 cup	
Servings Per Container 10	
<b>Amount Per Serving</b>	
<b>Calories 180</b>	<b>Calories from Fat 20</b>
<b>% Daily Value*</b>	
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 15mg</b>	<b>5%</b>
<b>Sodium 290mg</b>	<b>12%</b>
<b>Total Carbohydrate 32g</b>	<b>11%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 4g	
<b>Protein 11g</b>	
Vitamin A 70%	• Vitamin C 40%
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	

10% calories from fat

**Source:** Cornell Cooperative Extension of Schoharie County.

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