



Taste of Home

Hearty Vegetable Barley Soup

TOTAL TIME: Prep: 20 min. Cook: 45 min.

YIELD: 5 servings.

My mom picked up this barley soup recipe in her fitness class and passed it to me. It's loaded with goodness! Sometimes, I substitute ground turkey as the meat and use chicken bouillon instead of beef flavored.—Emily Melton, Prophetstown, Illinois

Ingredients

1/2 pound lean ground beef (90% lean)

5 cups water

1 can (14-1/2 ounces) diced tomatoes, undrained

1 small onion, chopped

1 celery rib, sliced

1 medium carrot, sliced

2 teaspoons reduced-sodium beef bouillon granules

1 bay leaf

1 garlic clove, minced

1/2 teaspoon salt

1/2 teaspoon dried basil

1/4 teaspoon pepper

2 cups frozen mixed vegetables

3/4 cup quick-cooking barley

Directions

1. In a Dutch oven, cook beef over medium heat until no longer pink; drain. Add the water, tomatoes, onion, celery, carrot, bouillon, bay leaf, garlic, salt, basil and pepper. Bring to a boil. Reduce heat; cover and simmer for 20 minutes.

2. Stir in mixed vegetables and barley; return to a boil. Reduce heat; cover and simmer 10-15 minutes longer or until vegetables and barley are tender. Discard bay leaf.

Nutrition Facts

nutrition facts

1-1/2 cups: 233 calories, 5g fat (2g saturated fat), 28mg cholesterol, 527mg sodium, 35g carbohydrate (6g sugars, 9g fiber), 15g protein. **Diabetic Exchanges:** 2 starch, 1 lean meat, 1 vegetable.

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