

# Vegetable Barley Soup

## Ingredients:

1 tablespoon olive oil	1 1/2 cups frozen green beans
1 medium onion, diced	1 cup barley
2 carrots, sliced	2/3 cup frozen corn
1 – 2 celery stalks, sliced	1 teaspoon dried basil
8 oz. mushrooms, sliced	1/2 teaspoon dried oregano
2 garlic cloves, minced	1 bay leaf
8 cups vegetable broth	2/3 cups frozen peas
1 (15 oz.) can chickpeas, drained and rinsed	1/3 cup Italian parsley, chopped
1 (14.5 oz.) can diced tomatoes	Salt and pepper to taste

## Directions:

1. Heat olive oil in large pot over medium heat. Add onions, carrots, and celery; season with salt and pepper. Sauté veggies until softened, about 5 minutes.
2. Increase heat to medium-high. Add mushrooms and cook until lightly browned, stirring frequently. Stir in garlic and stir until fragrant, about 30 seconds.
3. Add broth, chickpeas, tomatoes, green beans, barley, corn, basil, oregano, and bay leaf. Bring soup to a boil then reduce to a simmer. Cook soup until barley is tender, stirring occasionally, about 30 minutes.
4. Mix in peas and cook 1 – 2 minutes. Remove from heat and discard bay leaf. Stir in parsley and season with salt and pepper to taste. Serve hot and enjoy!

## Nutrition Facts

Serving Size 1 1/2 cups (485g)  
Servings Per Container 8

Amount Per Serving

**Calories 230**    **Calories from Fat 25**

% Daily Value\*

**Total Fat 3g**    **5%**

**Saturated Fat 0g**    **0%**

**Trans Fat 0g**

**Cholesterol 0mg**    **0%**

**Sodium 190mg**    **8%**

**Total Carbohydrate 44g**    **15%**

**Dietary Fiber 10g**    **40%**

**Sugars 8g**

**Protein 8g**

**Vitamin A 80%**    • **Vitamin C 20%**

**Calcium 8%**    • **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

For more information, please contact:

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Source: hellolittlehome.com

