

## Garden Barley Soup

### Ingredients:

46 ounces low sodium tomato juice  
 10 ounces low sodium beef broth  
 1/3 cup barley  
 1/4 cup sugar  
 1 tablespoon Worcestershire sauce  
 1 bay leaf  
 1/2 teaspoon thyme  
 1/4 teaspoon salt  
 1 zucchini  
 1 tomato  
 1 green pepper

### Equipment:

Stock pot with lid  
 Cutting board  
 Knife  
 Measuring cups  
 Measuring spoons  
 Mixing spoon  
 Can opener

Number of Servings: 6  
 Prep Time: 10 minutes  
 Total Time: 1 hour &  
 30 minutes

### Directions

1. In a Dutch oven or stock pot, combine tomato juice, beef broth, barley, sugar and seasonings. Bring to boil; reduce heat. Cover and simmer 1 hour.
2. While barley is cooking, wash zucchini and cut off ends. Cut in half lengthwise and lay flat on cutting board. Cut in half again lengthwise. Cut strips into chunks. Set aside.
3. Wash tomato. Cut in half through the core. Use a paring knife to remove core. With flat side down, slice into strips keeping the tomato together. Turn 1/4 and slice again to dice.
4. Slice green pepper in half and remove stem and seeds. Slice into strips, then chop the strips into small pieces.
5. Add vegetables. Return to boil; reduce heat.
6. Cover; simmer 15-20 minutes or until vegetables and barley are tender.

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### Nutrition Facts

Serving Size: 1 1/2 cups	
Servings: 6	
Amount Per Serving	
<b>Calories 131</b>	Calories from Fat 9
%Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	0%
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 147mg</b>	<b>6%</b>
<b>Potassium 744mg</b>	<b>21%</b>
<b>Total Carbohydrate 29g</b>	<b>10%</b>
Dietary Fiber 4g	16%
<b>Protein 6g</b>	<b>12%</b>
Vitamin A 31%	Vitamin C 105%
Iron 11%	Calcium 4%

\*Percent Daily Values are based on a 2,000 calorie diet.

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