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

**Nutrition Facts**
- **Serving Size:** 1 1/2 cups
- **Servings:** 6
- **Calories:** 131
- **Calories from Fat:** 5
- **Fat:** 2g
- **% Daily Value:** 2%
- **Saturated Fat:** 0g
- **0%**
- **Cholesterol:** 0mg
- **0%**
- **Sodium:** 147mg
- **6%**
- **Potassium:** 744mg
- **21%**
- **Total Carbohydrate:** 29g
- **10%**
- **Dietary Fiber:** 4g
- **16%**
- **Protein:** 6g
- **12%**
- **Vitamin A:** 31%
- **Vitamin C:** 106%
- **Iron:** 11%
- **Calcium:** 4%

**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 ¼ 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.