



Recipe: Garden barley soup



INGREDIENTS

- 46 ounces tomato juice
- 1 can beef broth (10.5 ounces)
- 1 cup hulled barley
- 1 tablespoon Worcestershire sauce
- 1 bay leaf
- 1/2 teaspoon crushed thyme
- 1/4 teaspoon salt
- 2 cups zucchini, chopped
- 1 medium tomato, chopped
- 1/2 cup green pepper, chopped

DIRECTIONS

1. In a Dutch oven or stock pot, combine tomato juice, beef broth, barley, and seasonings. Bring to a boil over high heat.
2. Reduce heat to low, cover, and simmer for 40 minutes.
3. Add zucchini, tomato, and green pepper. Return heat to high and bring to a boil.
4. Reduce heat to low, cover, and simmer for 15-20 minutes or until vegetables and barley are tender.

If using a pressure cooker: Combine all ingredients except the vegetables and cook on the soup cycle of the pressure cooker, then release the pressure, add the vegetables and cook on saute until the vegetables are tender.

Note: Using sodium-reduced tomato juice and beef broth or leaving out the added salt would significantly reduce the sodium content.

NUTRITIONAL INFORMATION:

Servings 6

Per serving: 170 calories, 1 g total fat, 0 g saturated fat, 1122 mg sodium, 40 g carbohydrates, 6 g dietary fiber, and 6 g protein