

## Barley Bean Soup

1 cup dried beans  
1 cup dried barley  
2 cups water  
1 can (15 oz.) vegetable broth  
1 can (15 oz.) diced Italian tomatoes  
1 cup celery, chopped  
1 onion, chopped  
½ cup carrots, chopped  
1 bay leaf  
1 clove of garlic, minced

### Directions:

Combine all ingredients in a large pot. Bring to a boil. Stir. Reduce to med/low heat, cover, and cook for 40 minutes. Check every 5-10 minutes to stir and modify heat if needed. Makes 4 meal size servings.

| <b>Nutrition Facts</b>   |                           |
|--|---------------------------|
| Serving Size (349g)  |                           |
| Servings Per Container   |                           |
| <b>Amount Per Serving</b>  |                           |
| <b>Calories 380</b>  | Calories from Fat 5       |
| <b>% Daily Value*</b>  |                           |
| <b>Total Fat 1g</b>  | <b>2%</b>                 |
| Saturated Fat 0g   | <b>0%</b>                 |
| Trans Fat 0g   |                           |
| <b>Cholesterol 0mg</b>   | <b>0%</b>                 |
| <b>Sodium 440mg</b>  | <b>18%</b>                |
| <b>Total Carbohydrate 80g</b>  | <b>27%</b>                |
| Dietary Fiber 16g  | <b>64%</b>                |
| Sugars 11g   |                           |
| <b>Protein 15g</b>   |                           |
| Vitamin A 60%  | • Vitamin C 35%           |
| Calcium 10%  | • Iron 20%                |
| *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   |                           |