

Beef & Barley SOUP



Fun Food Fact

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Barley is a hearty whole grain with plenty of fiber and B vitamins. This often overlooked grain contains beta glucan, a type of fiber that helps reduce blood cholesterol levels. In fact, barley packaging can legally make the claim to reduce the risk of coronary heart disease.



INGREDIENTS

- 1½ pounds boneless beef sirloin steak
- 2 (14 ounce) cans reduced-sodium beef broth
- 1 (14.5 ounce) can stewed tomatoes
- 3 medium carrots, cut into ½-inch slices
- 2 small onions, cut into wedges
- ½ cup regular barley (not quick-cooking)
- ½ cup water
- 1 bay leaf
- 1 teaspoon dried thyme, crushed
- 2 cloves garlic, minced

6 servings

DIRECTIONS

- 1** Trim fat from meat. Cut the meat into ¾-inch pieces. In a 3½- or 4-quart slow cooker, combine the meat, broth, undrained tomatoes, carrots, onions, barley, the water, bay leaf, thyme, and garlic.
- 2** Cover and cook on Low for 9 to 11 hours or on High for 4½ to 5½ hours. Remove and discard the bay leaf.

Equipment: 3½- or 4-quart slow cooker

NUTRITIONAL INFORMATION

Serving size: 1½ cups

Per serving: 249 calories; 5 g fat(1 g sat); 4 g fiber; 21 g carbohydrates; 28 g protein; 12 mcg folate; 53 mg cholesterol; 6 g sugars; 4,590 IU vitamin A; 4 mg vitamin C; 60 mg calcium; 4 mg iron; 461 mg sodium; 685 mg potassium



Recipe of the Month | **JANUARY**