

Beef Barley Soup

Hands-on - 25 min. (a.m.) and 5 min. (p.m.)

Serves 8

Did you know barley has even more cholesterol-lowering powers than oat bran? Yes, we should eat more of it. And this soup, made with lean beef, is a great place to start.

Menu

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Crackers

Lite Fruit Cocktail

1½ lbs sirloin steak, well trimmed of fat

4 to 12 hours before serving:

Cut meat into 1" cubes. Place in slow cooker.

1 cup thinly sliced carrots

1 cup sliced celery

1 med onion, chopped

1 green bell pepper, seeded and chopped

Prep and place in slow cooker.

2 cans (14½ oz each) beef broth, 1/3 less sodium

1 can (14½ oz) diced tomatoes, no salt added

1 cup spaghetti sauce, no salt added (*Eden*)[‡]

½ cup quick-cooking or pearl barley, dry

½ tsp dried basil

½ tsp salt (opt)

¼ cup fresh parsley, chopped

dash pepper

Add to slow cooker.

Cover and cook on HIGH 4 to 5 hours or on LOW 10 to 12 hours.

Just before serving:

Skim off any fat.

Serve with crackers and fruit cocktail.

[‡]See page 174 for an eye-opener about spaghetti sauce.



Nutrition information for about 1½ cups (including optional salt)

Calories	225	Fat	7 g	Fiber	4 g	Sodium	467 mg	Total Carbohydrate	18 g
Calories from Fat	27%	Saturated Fat	2.3 g	Cholesterol	42 mg	Protein	23 g	Sugars	6 g

Slow-Cooking
235

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