



Vegetable Barley Soup

- 1 large carrot
- 3 stalks celery
- 1 small onion
- 1 clove garlic
- 1 teaspoon vegetable oil
- 1 (14 ounces) can chicken broth
- 3 cups water
- 1 (28 ounces) can no added salt crushed tomatoes
- 1 cup hulled barley
- 2 tablespoons parsley flakes
- 1 (10 ounces) package frozen broccoli

1. Wash vegetables and dry with paper towel. Chop vegetables.
2. In a saucepan, heat oil over medium heat. Add chopped onion and garlic. Cook until tender.
3. Add broth, water, tomatoes, and parsley to saucepan. Bring to a boil and reduce heat. Cover and cook for 1 hour.
4. Add vegetables and cook for 20 minutes or until vegetables are crisp tender.

Makes 8 portions

Per portion

Calories	137
Carbohydrate	26 grams
Protein	7 grams
Fat	2 grams
Saturated Fat	0
Cholesterol	0
Sodium	420 milligrams
Dietary Fiber	7 grams

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