

Beef Barley Soup (makes 6 servings)

1 tsp oil
1 cup chopped onions
8 oz lean ground beef
1 cup lentils
1/2 cup pearled barley
3 cups frozen mixed vegetables
1, 15 oz can diced tomatoes, no added salt
6 cups water
6 tsp beef broth, low sodium
1 tsp garlic powder
1 tsp thyme
1 tsp oregano

Heat a large pan over medium-high heat. Add oil and sauté onions and beef until browned, about 5 minutes. Drain excess fat. Add remaining ingredients. Bring to a boil then reduce to a simmer for 45 minutes. Serve hot.

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Soup Nutrition per 1 cup serving: 303 calories; 18 g protein; 43 g carbohydrates; 6.5 g total fat; 2.5 g saturated fat; 31 mg cholesterol; 9 g fiber; 111 mg sodium

Meal Suggestion: This well-loved soup needs only a fresh green salad, crusty peasant bread, and fresh sliced apples to make it a family meal.