



## Barley and Beef Soup

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



165 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 bay leaves
- 0.3 teaspoon pepper black freshly ground
- 1.5 cups carrots chopped ( 4 medium)
- 1 cup celery chopped ( 4 stalks)
- 5 garlic cloves minced
- 0.5 teaspoon kosher salt
- 5 cups lower-sodium beef broth fat-free
- 2 cups onion chopped ( 1 large)

- 1 cup pearl barley uncooked
- 17 ounce beef roast au jus refrigerated
- 0.5 cup tomato purée
- 2 cups water

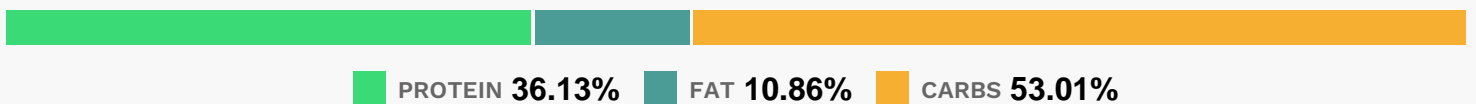
## Equipment

- frying pan
- dutch oven

## Directions

- Heat a large Dutch oven over medium–high heat. Coat pan with cooking spray.
- Add onion, carrot, and celery to pan; cook 5 minutes, stirring occasionally.
- While vegetables cook, heat roast beef according to package directions; drain, discarding drippings. Chop beef into 1-inch pieces.
- Stir garlic into vegetables; cook 30 seconds. Stir in beef, barley, and remaining ingredients. Bring to a boil; cover, reduce heat, and simmer 40 minutes or until barley and vegetables are tender, stirring occasionally.
- Remove and discard bay leaves.

## Nutrition Facts



## Properties

Glycemic Index:16.78, Glycemic Load:1.46, Inflammation Score:-9, Nutrition Score:14.757391141809%

## Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.14mg, Quercetin: 7.14mg, Quercetin: 7.14mg, Quercetin: 7.14mg

## Nutrients (% of daily need)

Calories: 165.22kcal (8.26%), Fat: 2.05g (3.16%), Saturated Fat: 0.66g (4.11%), Carbohydrates: 22.54g (7.51%), Net Carbohydrates: 17.88g (6.5%), Sugar: 3.21g (3.57%), Cholesterol: 27.47mg (9.16%), Sodium: 1092.3mg (47.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.36g (30.73%), Vitamin A: 3326.4IU (66.53%), Vitamin C: 27.37mg (33.17%), Vitamin B3: 4.96mg (24.82%), Manganese: 0.41mg (20.41%), Fiber: 4.66g (18.65%), Potassium: 629.68mg (17.99%), Vitamin B6: 0.35mg (17.64%), Calcium: 165.43mg (16.54%), Phosphorus: 163.28mg (16.33%), Selenium: 11.3µg (16.14%), Zinc: 2.35mg (15.67%), Vitamin B12: 0.82µg (13.66%), Iron: 1.93mg (10.72%), Copper: 0.19mg (9.64%), Magnesium: 36.51mg (9.13%), Vitamin B2: 0.12mg (7.05%), Vitamin B1: 0.1mg (6.38%), Vitamin K: 6.61µg (6.3%), Folate: 23.88µg (5.97%), Vitamin B5: 0.38mg (3.85%), Vitamin E: 0.42mg (2.83%)