



Beef and Barley Soup

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 bay leaves
- 2 pounds beef stew meat trimmed cut into 1-inch pieces
- 0.5 teaspoon pepper black freshly ground
- 2 teaspoons canola oil
- 2 cups carrots chopped
- 1 teaspoon thyme leaves dried
- 4 garlic cloves minced
- 2 cups leek chopped (4 medium)

- 28 ounce less-sodium beef broth canned
- 1 cup pearl barley uncooked
- 1.5 teaspoons salt
- 6 cups water

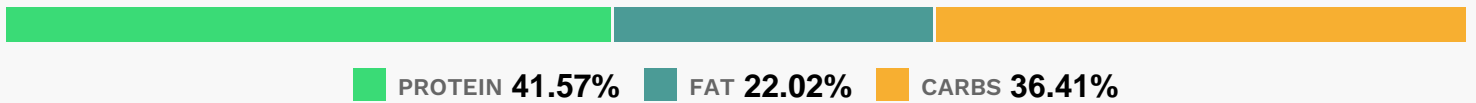
Equipment

- frying pan
- dutch oven

Directions

- Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray.
- Add half of beef; cook 5 minutes, browning on all sides.
- Remove from pan. Repeat procedure with remaining beef.
- Heat oil in pan over medium-high heat.
- Add leek, carrot, and garlic; saut 4 minutes or until lightly browned. Return beef to pan.
- Add water and next 5 ingredients (through broth); bring to a boil. Cover, reduce heat, and simmer 1 hour.
- Add barley; cook 30 minutes or until beef and barley are tender. Discard bay leaves.

Nutrition Facts



Properties

Glycemic Index:17.6, Glycemic Load:2.05, Inflammation Score:-10, Nutrition Score:24.283912990404%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 291.54kcal (14.58%), Fat: 7.08g (10.9%), Saturated Fat: 2.09g (13.05%), Carbohydrates: 26.35g (8.78%), Net Carbohydrates: 21.03g (7.65%), Sugar: 2.6g (2.89%), Cholesterol: 70.31mg (23.44%), Sodium: 719.45mg (31.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.09g (60.17%), Vitamin A: 5730.99IU (114.62%), Selenium: 41.32µg (59.03%), Vitamin B3: 9.24mg (46.18%), Vitamin B6: 0.92mg (46.1%), Zinc: 5.4mg (36%), Vitamin B12: 2.1µg (34.96%), Phosphorus: 320.84mg (32.08%), Manganese: 0.56mg (27.76%), Potassium: 806.63mg (23.05%), Fiber: 5.32g (21.28%), Iron: 3.74mg (20.79%), Vitamin K: 19.68µg (18.74%), Magnesium: 59.74mg (14.94%), Copper: 0.29mg (14.67%), Vitamin B2: 0.24mg (13.99%), Vitamin B1: 0.19mg (12.76%), Folate: 41.31µg (10.33%), Vitamin B5: 0.69mg (6.94%), Calcium: 64.12mg (6.41%), Vitamin E: 0.95mg (6.32%), Vitamin C: 5.11mg (6.2%)