



Beef-Barley Soup

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 0.5 teaspoon pepper black
- 1.5 cups carrots thinly sliced
- 1.5 cups celery thinly sliced
- 0.8 pound chuck roast boneless trimmed cut into 1/2-inch pieces
- 4 cups less-sodium beef broth fat-free
- 8 ounce pre mushrooms
- 0.7 cup onion chopped

0.7 cup pearl barley uncooked

0.5 teaspoon salt

Equipment

frying pan

dutch oven

Directions

Heat a Dutch oven over medium-high heat. Coat pan with cooking spray.

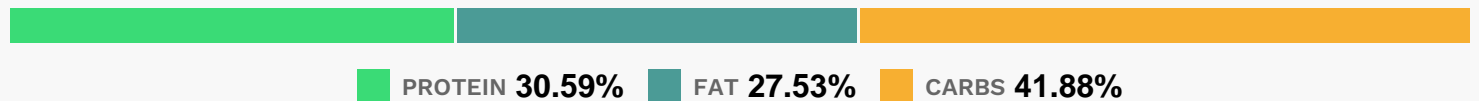
Add beef to pan; cook 4 minutes or until browned, stirring frequently.

Remove beef from pan.

Add carrot, celery, onion, and mushrooms to pan; cook 6 minutes or until liquid almost evaporates.

Add beef; fat-free, less-sodium beef broth; and bay leaf. Bring to a simmer over medium-high heat. Cover, reduce heat, and simmer 1 1/2 hours or until beef is tender, stirring occasionally. Stir in pearl barley; cover and simmer 30 minutes or until pearl barley is tender. Stir in salt and pepper. Discard bay leaf.

Nutrition Facts



Properties

Glycemic Index:42.46, Glycemic Load:2.68, Inflammation Score:-10, Nutrition Score:26.478260822918%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 334.25kcal (16.71%), Fat: 10.56g (16.25%), Saturated Fat: 4.44g (27.78%), Carbohydrates: 36.15g (12.05%), Net Carbohydrates: 27.91g (10.15%), Sugar: 5.3g (5.89%), Cholesterol: 58.68mg (19.56%), Sodium: 869.94mg

(37.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.4g (52.81%), Vitamin A: 8210.77IU (164.22%), Selenium: 35.71µg (51.01%), Zinc: 7.61mg (50.77%), Vitamin B3: 7.89mg (39.43%), Vitamin B12: 2.34µg (39.08%), Potassium: 1330.52mg (38.01%), Fiber: 8.24g (32.96%), Manganese: 0.65mg (32.63%), Phosphorus: 317.22mg (31.72%), Vitamin B6: 0.6mg (29.94%), Vitamin B2: 0.45mg (26.26%), Copper: 0.42mg (21.05%), Vitamin K: 19.96µg (19.01%), Iron: 3.2mg (17.77%), Vitamin B5: 1.73mg (17.25%), Magnesium: 60.65mg (15.16%), Vitamin B1: 0.22mg (14.53%), Folate: 47.77µg (11.94%), Vitamin C: 7.18mg (8.71%), Calcium: 64.45mg (6.44%), Vitamin E: 0.6mg (4.01%), Vitamin D: 0.2µg (1.32%)