


HEALTH SCORE 100%

Beef Barley Soup with Wild Mushrooms and Parsnips

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



472 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 pounds beef shanks ()
- ☐ 8 cups beef broth canned
- ☐ 1.5 cups canned tomatoes with added puree canned crushed
- ☐ 0.5 pound carrots peeled cut into 1/2-inch pieces
- ☐ 2 celery stalks chopped
- ☐ 2 tablespoons marjoram dried
- ☐ 1.5 ounce the following: parmesan rind) dried coarsely chopped (see note below)

- ☐ 1 tablespoon thyme dried
- ☐ 1.5 pounds mushrooms wild fresh assorted sliced (such as crimini and oyster)
- ☐ 4 large garlic clove chopped
- ☐ 3 tablespoons olive oil
- ☐ 0.8 pound onion chopped
- ☐ 1 pound parsnips peeled cut into 1/2-inch pieces
- ☐ 9 ounces quick-cooking barley
- ☐ 1.3 pounds bell pepper red chopped
- ☐ 7 cups water

Equipment

- ☐ pot
- ☐ tongs

Directions

- ☐ Heat oil in heavy large pot over medium-high heat.
- ☐ Add mushrooms and onions. Sauté until mushrooms brown, about 18 minutes.
- ☐ Add celery and garlic and stir 1 minute.
- ☐ Add beef shank slices and all remaining ingredients. Bring to boil. Reduce heat to medium-low. Cover and simmer until meat is tender, about 1 1/2 hours.
- ☐ Remove from heat.
- ☐ Using tongs, remove meat from pot. Cool slightly.
- ☐ Remove meat from bones; discard bones and any tough connective tissue.
- ☐ Cut meat into bite-size pieces and return to soup. Season soup to taste with salt and pepper. (Can be made 2 days ahead. Cool slightly at room temperature. Chill uncovered until cold, then cover and keep chilled. Rewarm over medium heat.)
- ☐ Porcini mushrooms are available at Italian markets, specialty foods stores and many supermarkets.

Nutrition Facts



 **PROTEIN 31.2%**  **FAT 21.76%**  **CARBS 47.04%**

Properties

Glycemic Index:36.23, Glycemic Load:8.22, Inflammation Score:-10, Nutrition Score:48.511304088261%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.45mg, Quercetin: 9.45mg, Quercetin: 9.45mg, Quercetin: 9.45mg

Nutrients (% of daily need)

Calories: 471.54kcal (23.58%), Fat: 11.78g (18.12%), Saturated Fat: 2.78g (17.36%), Carbohydrates: 57.28g (19.09%), Net Carbohydrates: 43.76g (15.91%), Sugar: 12.96g (14.4%), Cholesterol: 46.44mg (15.48%), Sodium: 1077.46mg (46.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38g (76%), Vitamin A: 7124.52IU (142.49%), Vitamin C: 112.33mg (136.16%), Vitamin B3: 16.03mg (80.13%), Zinc: 10.65mg (71.03%), Vitamin B12: 4.17µg (69.45%), Selenium: 47.01µg (67.15%), Vitamin B6: 1.25mg (62.49%), Manganese: 1.23mg (61.64%), Fiber: 13.52g (54.07%), Phosphorus: 533.88mg (53.39%), Vitamin B2: 0.9mg (53.18%), Copper: 1mg (50.19%), Potassium: 1699.95mg (48.57%), Iron: 6.98mg (38.76%), Vitamin B5: 3.82mg (38.23%), Vitamin K: 38.41µg (36.58%), Folate: 137.88µg (34.47%), Vitamin B1: 0.44mg (29.23%), Magnesium: 108.4mg (27.1%), Vitamin E: 3.55mg (23.65%), Calcium: 139.31mg (13.93%), Vitamin D: 0.38µg (2.52%)