



Melanie's Beef Barley Soup

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup barley
- ☐ 2 pounds beef stew meat diced
- ☐ 1 cup carrots sliced
- ☐ 14.5 ounce chicken broth canned
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.5 cup mushrooms fresh sliced
- ☐ 16 ounce vegetables mixed frozen
- ☐ 0.5 teaspoon garlic minced

- ☐ 1 cup onion chopped
- ☐ 4 small potatoes red cut into chunks
- ☐ 10 servings salt and pepper to taste
- ☐ 4 tablespoons vegetable oil
- ☐ 3 cups water

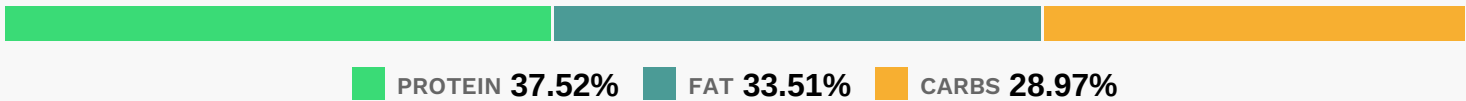
Equipment

- ☐ pot

Directions

- ☐ Season beef stew chunks with salt and pepper to taste.
- ☐ Place seasoned beef in a large soup pot.
- ☐ Add 2 tablespoons of oil and saute for 5 minutes on high heat.
- ☐ Remove meat.
- ☐ Add 2 more tablespoons of oil to pot and add onions, carrots and mushrooms.
- ☐ Saute for 5 minutes, stirring often.
- ☐ Add garlic and thyme to pot and saute for 3 more minutes.
- ☐ Add the chicken broth and 3 cups of water to pot.
- ☐ Add the frozen mixed vegetables, potatoes and barley. Season with salt and pepper to taste. Stir all together and bring to a boil. Cover pot, reduce heat to low and simmer for 1 to 1 1/2 hours.

Nutrition Facts



Properties

Glycemic Index:21.68, Glycemic Load:4.58, Inflammation Score:-10, Nutrition Score:24.651738823756%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin:

0.8mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 373.34kcal (18.67%), Fat: 13.88g (21.35%), Saturated Fat: 3.42g (21.39%), Carbohydrates: 26.99g (9%), Net Carbohydrates: 21.74g (7.9%), Sugar: 2.33g (2.59%), Cholesterol: 76.8mg (25.6%), Sodium: 490.69mg (21.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.96g (69.91%), Vitamin A: 4522.54IU (90.45%), Selenium: 37.24µg (53.21%), Vitamin B3: 9.21mg (46.05%), Vitamin B6: 0.9mg (45.14%), Zinc: 5.58mg (37.19%), Phosphorus: 364mg (36.4%), Vitamin B12: 2.09µg (34.85%), Potassium: 899.82mg (25.71%), Manganese: 0.44mg (22.21%), Iron: 3.79mg (21.08%), Fiber: 5.25g (21.01%), Vitamin B1: 0.27mg (18.29%), Magnesium: 72.04mg (18.01%), Vitamin B2: 0.3mg (17.85%), Copper: 0.33mg (16.4%), Vitamin K: 16.4µg (15.62%), Vitamin C: 12.66mg (15.35%), Folate: 46.12µg (11.53%), Vitamin B5: 0.81mg (8.13%), Vitamin E: 1mg (6.65%), Calcium: 55.21mg (5.52%)