



Slow-Cooker Bean and Barley Soup

 Vegetarian

READY IN



495 min.

SERVINGS



10

CALORIES



258 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 ounces baby spinach leaves cleaned
- ☐ 0.3 cup parmesan balsamic vinegar freshly grated for drizzling
- ☐ 1 bay leaf
- ☐ 10 servings pepper black freshly ground
- ☐ 14 ounce canned tomatoes whole with juice canned
- ☐ 2 medium carrots roughly chopped
- ☐ 2 ribs celery roughly chopped
- ☐ 1 cup cannellini beans dried picked over rinsed

- ☐ 0.5 ounce porcini mushrooms dried crumbled
- ☐ 3 cloves garlic smashed
- ☐ 2 teaspoons herb blend dried italian
- ☐ 10 servings kosher salt
- ☐ 10 servings olive oil extra-virgin for drizzling
- ☐ 0.5 medium onion roughly chopped
- ☐ 0.5 cup pearl barley

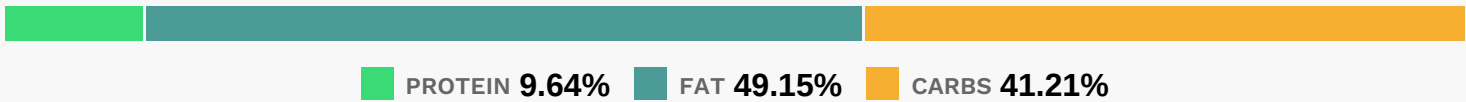
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ slow cooker

Directions

- ☐ Special equipment: slow cooker
- ☐ Put 6 cups water, the beans, barley, garlic, carrots, celery, onions, bay leaf, 11/2 tablespoons salt, herb blend, some pepper and porcini mushrooms (if using) in a slow cooker. Squeeze the tomatoes through your hands over the pot to break them down, and add with their juices. Cover and cook on high until the beans are quite tender and the soup is thick, about 8 hours.
- ☐ Add the spinach and cheese, and stir until the spinach wilts, about 5 minutes.
- ☐ Remove the bay leaf and season with salt and pepper.
- ☐ Ladle the soup into warmed bowls and drizzle each serving with vinegar and olive oil.

Nutrition Facts



Properties

Glycemic Index:29.28, Glycemic Load:2.04, Inflammation Score:-9, Nutrition Score:17.356087109317%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 258.02kcal (12.9%), Fat: 14.58g (22.43%), Saturated Fat: 2.07g (12.96%), Carbohydrates: 27.51g (9.17%), Net Carbohydrates: 20.12g (7.32%), Sugar: 4.23g (4.7%), Cholesterol: 0mg (0%), Sodium: 273.75mg (11.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.44g (12.88%), Vitamin K: 63.21µg (60.2%), Vitamin A: 2977.21IU (59.54%), Manganese: 0.68mg (33.88%), Folate: 123.12µg (30.78%), Fiber: 7.39g (29.56%), Vitamin E: 3.01mg (20.08%), Copper: 0.37mg (18.73%), Magnesium: 65.75mg (16.44%), Potassium: 559.91mg (16%), Iron: 2.6mg (14.47%), Phosphorus: 136.94mg (13.69%), Vitamin B1: 0.2mg (13.01%), Vitamin B6: 0.25mg (12.44%), Vitamin C: 8.74mg (10.6%), Selenium: 7.36µg (10.51%), Vitamin B3: 1.77mg (8.85%), Calcium: 85.37mg (8.54%), Vitamin B2: 0.13mg (7.59%), Vitamin B5: 0.73mg (7.31%), Zinc: 0.99mg (6.6%)