



HEALTH SCORE

72%

Slow Cooker Fresh Vegetable-Beef-Barley Soup



Dairy Free



Very Healthy

READY IN



500 min.

SERVINGS



10

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup barley
- ☐ 2 bay leaves
- ☐ 2 beef bouillon cubes
- ☐ 1.5 pounds beef stew meat cubed
- ☐ 0.5 cup bell pepper chopped
- ☐ 29 ounce tomatoes diced with garlic canned
- ☐ 8 ounce tomato sauce canned

- ☐ 1 cup carrots sliced
- ☐ 0.5 cup celery chopped
- ☐ 0.7 cup kernel corn whole frozen
- ☐ 0.3 teaspoon basil dried
- ☐ 0.3 teaspoon marjoram dried
- ☐ 0.5 teaspoon parsley dried
- ☐ 2 cups mushrooms fresh sliced
- ☐ 0.8 cup green beans frozen cut into 1-inch pieces
- ☐ 0.3 teaspoon ground thyme
- ☐ 0.8 cup onion chopped
- ☐ 0.3 teaspoon oregano dried
- ☐ 2 large potatoes diced
- ☐ 10 servings sea salt and ground pepper black to taste
- ☐ 12 ounce tomato-vegetable juice cocktail canned (such as V8®)
- ☐ 1 tablespoon worcestershire sauce

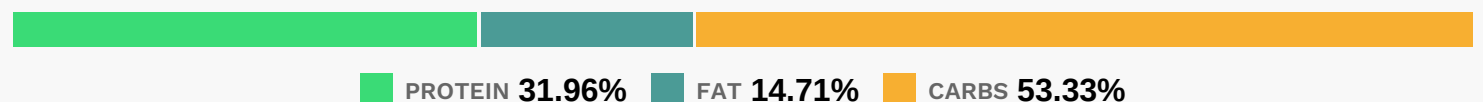
Equipment

- ☐ slow cooker

Directions

- ☐ Combine beef, diced tomatoes with garlic, tomato-vegetable juice cocktail, potatoes, tomato sauce, carrot, barley, onion, green beans, corn, bell pepper, celery, Worcestershire sauce, parsley, thyme, oregano, marjoram, basil, beef bouillon cubes, bay leaves, sea salt, and black pepper in the crock of a large slow cooker.
- ☐ Cook on Low until the beef is tender, 7 to 8 hours.
- ☐ Add mushrooms and cook 1 hour more.

Nutrition Facts



Properties

Glycemic Index:44.89, Glycemic Load:14.11, Inflammation Score:-9, Nutrition Score:24.492608723433%

Flavonoids

Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 256.27kcal (12.81%), Fat: 4.29g (6.6%), Saturated Fat: 1.34g (8.37%), Carbohydrates: 35.02g (11.67%), Net Carbohydrates: 28.42g (10.34%), Sugar: 7.1g (7.88%), Cholesterol: 42.22mg (14.07%), Sodium: 518.25mg (22.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.99g (41.98%), Vitamin A: 2808.88IU (56.18%), Vitamin C: 43.16mg (52.32%), Vitamin B6: 0.95mg (47.48%), Vitamin B3: 8.16mg (40.78%), Selenium: 26.77µg (38.24%), Potassium: 1102.23mg (31.49%), Manganese: 0.61mg (30.34%), Phosphorus: 290.73mg (29.07%), Fiber: 6.6g (26.39%), Zinc: 3.88mg (25.86%), Iron: 4.15mg (23.03%), Vitamin B12: 1.27µg (21.24%), Vitamin B1: 0.32mg (21.06%), Vitamin B2: 0.35mg (20.86%), Copper: 0.41mg (20.4%), Magnesium: 78.13mg (19.53%), Folate: 58.27µg (14.57%), Vitamin K: 14.89µg (14.18%), Vitamin B5: 1.2mg (12.02%), Vitamin E: 1.56mg (10.37%), Calcium: 76.6mg (7.66%)