



## Slow-Cooker Vegetable-Beef-Barley Soup

 Dairy Free

READY IN



560 min.

SERVINGS



10

CALORIES



183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 cup green beans frozen (from 1-pound bag)
- 0.7 cup corn whole frozen (from 1-pound bag)
- 1.5 pounds stew meat
- 0.5 cup bell pepper chopped
- 1 cup onion chopped
- 0.7 cup barley uncooked
- 1.5 cups water
- 1 teaspoon salt

- 1 teaspoon thyme leaves dried fresh chopped
- 0.3 teaspoon pepper
- 32 ounces beef broth flavored
- 29 ounces tomatoes diced with roasted garlic, undrained canned
- 8 ounces tomato sauce canned

## Equipment

- slow cooker

## Directions

- Spray 5- to 6-quart slow cooker with cooking spray. Rinse green beans and corn with cold water to separate and partially thaw.
- Mix green beans, corn and remaining ingredients in cooker.
- Cover and cook on Low heat setting 8 to 9 hours.

## Nutrition Facts

**PROTEIN 41.62%** **FAT 20.63%** **CARBS 37.75%**

## Properties

Glycemic Index:26.3, Glycemic Load:3.47, Inflammation Score:-7, Nutrition Score:16.011739212534%

## Flavonoids

Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

## Nutrients (% of daily need)

Calories: 183.07kcal (9.15%), Fat: 4.24g (6.52%), Saturated Fat: 1.38g (8.61%), Carbohydrates: 17.44g (5.81%), Net Carbohydrates: 13.47g (4.9%), Sugar: 4.12g (4.58%), Cholesterol: 42.18mg (14.06%), Sodium: 854.2mg (37.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.23g (38.46%), Selenium: 24.46µg (34.95%), Vitamin B3: 6.91mg (34.57%), Vitamin B6: 0.66mg (32.96%), Vitamin C: 21.45mg (26%), Zinc: 3.44mg (22.91%), Phosphorus: 226.31mg (22.63%), Vitamin B12: 1.32µg (22.04%), Manganese: 0.41mg (20.37%), Potassium: 628.38mg (17.95%),

Iron: 3.23mg (17.93%), Fiber: 3.98g (15.91%), Vitamin B2: 0.24mg (14.39%), Vitamin B1: 0.21mg (13.77%), Magnesium: 53.33mg (13.33%), Copper: 0.23mg (11.73%), Vitamin A: 497.37IU (9.95%), Vitamin E: 1.31mg (8.77%), Folate: 33.8µg (8.45%), Vitamin K: 8.16µg (7.78%), Calcium: 60.77mg (6.08%), Vitamin B5: 0.58mg (5.8%)