



## Slow-Cooker Vegetable-Beef-Barley Soup

 Dairy Free

READY IN



560 min.

SERVINGS



10

CALORIES



183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.7 cup barley uncooked
- ☐ 32 ounces beef broth flavored progresso®
- ☐ 1.5 pounds stew meat
- ☐ 0.5 cup bell pepper chopped
- ☐ 29 ounces tomatoes diced with roasted garlic, undrained canned
- ☐ 8 ounces tomato sauce canned
- ☐ 0.7 cup corn whole green frozen giant® niblets® (from 1-pound bag)
- ☐ 0.8 cup green beans frozen green giant® (from 1-pound bag)

- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 1.5 cups water

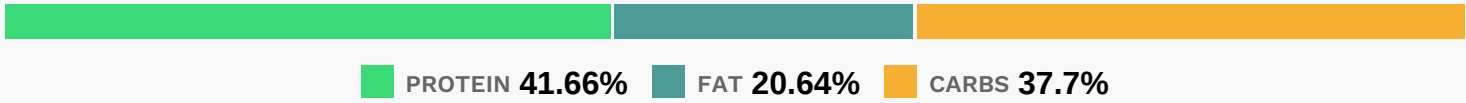
## Equipment

- ☐ 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



## Properties

Glycemic Index:21.8, Glycemic Load:3.46, Inflammation Score:-6, Nutrition Score:15.945652319037%

## 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: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.15mg, 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: 182.87kcal (9.14%), Fat: 4.23g (6.51%), Saturated Fat: 1.38g (8.61%), Carbohydrates: 17.4g (5.8%), Net Carbohydrates: 13.45g (4.89%), Sugar: 4.12g (4.58%), Cholesterol: 42.18mg (14.06%), Sodium: 854.18mg (37.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.22g (38.44%), Selenium: 24.46µg (34.95%), Vitamin B3: 6.91mg (34.55%), Vitamin B6: 0.66mg (32.93%), Vitamin C: 21.13mg (25.61%), Zinc: 3.43mg (22.89%), Phosphorus: 226.1mg (22.61%), Vitamin B12: 1.32µg (22.04%), Manganese: 0.4mg (20.19%), Potassium: 627.17mg (17.92%), Iron: 3.19mg (17.73%), Fiber: 3.95g (15.79%), Vitamin B2: 0.24mg (14.33%), Vitamin B1: 0.21mg (13.76%), Magnesium: 53.01mg (13.25%), Copper: 0.23mg (11.67%), Vitamin A: 487.87IU (9.76%), Vitamin E: 1.31mg (8.77%), Folate: 33.71µg

(8.43%), Vitamin K: 8.16µg (7.78%), Calcium: 59.96mg (6%), Vitamin B5: 0.58mg (5.79%)