



Smoked Ham, Barley, and Vegetable Soup

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



728 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce canned tomatoes diced canned
- ☐ 2 medium carrots peeled chopped
- ☐ 1 cup celery chopped
- ☐ 8 ounces green beans fresh trimmed cut into 1/2-inch pieces
- ☐ 10 cups low-salt chicken broth canned
- ☐ 1 medium onion chopped
- ☐ 2 teaspoons oregano dried
- ☐ 0.8 cup pearl barley rinsed

- ☐ 0.8 pound russet potatoes diced peeled (2 medium)
- ☐ 3 pounds ham hocks smoked

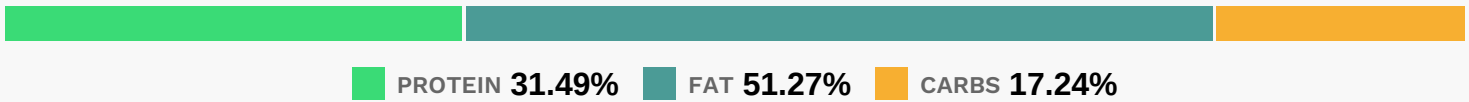
Equipment

- ☐ pot
- ☐ tongs

Directions

- ☐ Bring broth and ham hocks to boil in large pot. Cover, reduce heat to medium-low and simmer 15 minutes.
- ☐ Add diced potatoes, tomatoes with juices, onion, carrots, celery, barley, and oregano. Bring to boil. Reduce heat to medium-low; simmer uncovered until meat and barley are tender, about 1 hour.
- ☐ Using tongs, remove ham hocks from soup.
- ☐ Cut meat off bones and chop coarsely. Return meat to soup; discard bones. (Can be prepared 2 days ahead. Refrigerate uncovered until cold, then cover and refrigerate. Bring to simmer before continuing.)
- ☐ Add green beans; simmer until beans are tender, about 15 minutes. Season soup to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:30.2, Glycemic Load:7.43, Inflammation Score:-9, Nutrition Score:15.003478371579%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 728.35kcal (36.42%), Fat: 41.3g (63.54%), Saturated Fat: 15.08g (94.26%), Carbohydrates: 31.24g (10.41%), Net Carbohydrates: 25.92g (9.43%), Sugar: 3.22g (3.57%), Cholesterol: 185.41mg (61.8%), Sodium: 540.56mg (23.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.07g (114.14%), Vitamin A: 2813.29IU (56.27%), Potassium: 1275.6mg (36.45%), Vitamin B3: 5.78mg (28.91%), Iron: 4.79mg (26.59%), Manganese: 0.45mg (22.67%), Fiber: 5.32g (21.27%), Vitamin K: 22.24µg (21.18%), Phosphorus: 177.19mg (17.72%), Vitamin B6: 0.32mg (15.85%), Copper: 0.31mg (15.62%), Selenium: 7.57µg (10.81%), Vitamin B2: 0.18mg (10.34%), Magnesium: 40.57mg (10.14%), Vitamin C: 8.2mg (9.94%), Calcium: 88.5mg (8.85%), Folate: 30.86µg (7.72%), Vitamin B1: 0.11mg (7.59%), Zinc: 0.98mg (6.5%), Vitamin B12: 0.29µg (4.92%), Vitamin B5: 0.34mg (3.39%), Vitamin E: 0.35mg (2.35%)