



Tomato, Beef and Barley Soup

READY IN



45 min.

SERVINGS



6

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 38 oz all natural tomato soup hearty canned
- ☐ 2 cups water
- ☐ 0.5 cup quick-cooking barley uncooked
- ☐ 1 cup celery sliced
- ☐ 1 cup savory vegetable mixed frozen (from 1-lb bag)
- ☐ 6 tablespoons parmesan fresh shredded

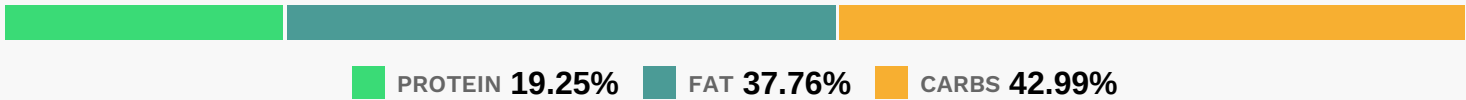
Equipment

- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ In 4-quart saucepan or Dutch oven, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain.
- ☐ Stir in soup, water, barley and celery.
- ☐ Heat to boiling, stirring occasionally. Reduce heat to low; simmer uncovered about 15 minutes, stirring occasionally, until barley is tender.
- ☐ Stir in frozen mixed vegetables. Cook 6 to 7 minutes, stirring occasionally, until mixture is hot.
- ☐ Sprinkle each serving with 1 tablespoon cheese.

Nutrition Facts



Properties

Glycemic Index:23.42, Glycemic Load:10.66, Inflammation Score:-9, Nutrition Score:19.855652060198%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 410.56kcal (20.53%), Fat: 17.58g (27.05%), Saturated Fat: 6.91g (43.16%), Carbohydrates: 45.02g (15.01%), Net Carbohydrates: 38.97g (14.17%), Sugar: 15.18g (16.86%), Cholesterol: 57.08mg (19.03%), Sodium: 840.81mg (36.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.17g (40.33%), Vitamin A: 2362.45IU (47.25%), Potassium: 1372.51mg (39.21%), Selenium: 24.32µg (34.75%), Vitamin C: 26.84mg (32.53%), Vitamin B3: 5.95mg (29.75%), Manganese: 0.57mg (28.4%), Vitamin B12: 1.68µg (27.96%), Zinc: 4.14mg (27.61%), Phosphorus: 268.58mg (26.86%), Vitamin B6: 0.49mg (24.4%), Fiber: 6.06g (24.23%), Iron: 3.31mg (18.36%), Magnesium: 63.28mg (15.82%), Copper: 0.25mg (12.71%), Vitamin B2: 0.21mg (12.34%), Vitamin B1: 0.18mg (12.15%), Vitamin K: 12.49µg (11.9%), Calcium: 117.66mg (11.77%), Vitamin E: 0.98mg (6.53%), Folate: 24.33µg (6.08%), Vitamin B5: 0.54mg (5.4%)