

SOUP

White Bean, Spinach, and Barley Stew

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
75 min	15 min	60 min	6	\$0.80	257 kcal



White Bean, Spinach, and Barley Stew is a dairy free, lacto ovo vegetarian, and vegan hor d'oeuvre. This recipe serves 6. For 80 cents per serving, this recipe covers 21% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 14½ ounce Italian-style diced tomatoes, drained canned
- ☐ ½ teaspoon dried rosemary
- ☐ 2 cloves garlic, minced
- ☐ 1 cup uncooked pearl barley
- ☐ 2 cups fresh spinach
- ☐ 2 tablespoons white wine
- ☐ 1 cup chopped yellow onion
- ☐ 15½ ounce white beans, drained and rinsed canned
- ☐ ¾ cup fresh mushrooms
- ☐ 1 teaspoon olive oil
- ☐ 1 pinch red pepper flakes
- ☐ 3 cups water
- ☐ 1 cup chopped yellow bell pepper

Method

- 1

Bring the barley and water to a boil in a pot. Cover, reduce heat to low, and simmer 30 minutes, or until tender.
- 2

Heat the olive oil in a large pot over medium heat, and cook the onion and garlic until tender. Season with rosemary.
- 3

Mix the mushrooms, yellow bell pepper, and wine into the pot, and cook 5 minutes. Stir in the cooked barley, beans, tomatoes, and spinach. Season with red pepper flakes. Continue cooking 10 minutes, or until spinach is wilted.

Nutrition per serving			
	257	11 g	2 g
	KCAL	PROTEIN	FAT
			52 g
			CARBS
Saturated Fat			0.3 g · 2% of daily needs
Fibre			11.1 g · 44% of daily needs
Sugar			5 g · 6% of daily needs
Sodium			114 mg · 5% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			57.2 mg · 69% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at [whatsheate.com/white-bean-spinach-and-barley-stew-147832](https://www.whatsheate.com/white-bean-spinach-and-barley-stew-147832)