



Bean and Barley Soup

Prep: 15 minutes | Cook: 40 minutes | Total: 55 minutes

Yield: 4 servings | Serving Size: 1¾ cups

Ingredients

1 teaspoon oil
½ cup diced carrots
½ cup diced celery
1 cup diced onion
1 clove garlic, minced (½ teaspoon)
4 cups (32 ounces) no-salt-added chicken or vegetable broth
1 (15.5-ounce) can no-salt-added great northern beans, drained and rinsed
1 (14.5-ounce) can no-salt-added diced tomatoes
½ cup barley, uncooked
1 teaspoon dried oregano
1 teaspoon dried thyme
¼ teaspoon crushed red pepper flakes
1 (10-ounce) package frozen chopped spinach, thawed

Directions

1. Heat a large saucepan (pot) over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion, celery, carrots, and garlic.
4. Sauté until the vegetables are soft, about 4-5 minutes.
5. Stir in the broth, beans, diced tomatoes and their liquid, barley, oregano, thyme, and crushed red pepper flakes.
6. Bring to a simmer and cover, stirring occasionally. Allow barley to cook and flavors to blend for about 20 minutes.
7. Stir in the spinach.
8. Continue to simmer until fully cooked, about 5 minutes.
9. Serve warm.

**Nutrition Facts Per Serving: Calories: 230 | Total Fat: 2.5 g | Saturated Fat: 0.5 g
Sodium: 220 mg | Total Carbohydrate: 42 g | Dietary Fiber: 12.5 g | Protein: 13 g**

Inspired by a recipe submitted by Georgina Hignell RD, Northport VAMC
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