

Tomato Barley Soup

You'll Need: A stove, a large pot, a small pot, measuring cups, measuring spoons

Preparation Time: 15 minutes

Cook time: 40 minutes

Ingredients	Amount for 8 Servings
Onions, chopped	2 cups
Carrots, sliced	2 cups
Celery, sliced	2 cups
Vegetable oil	4 teaspoons
Garlic powder	2 teaspoons
Chicken broth or 2 chicken bouillon cubes mixed into 2 ½ cups water	2 cans
Pot barley	½ cup
Water	5 cups
28 oz cans of tomatoes	2 cans
Pepper	½ tsp

Method:

Step 1: In a small pot combine onions, celery, oil and garlic. Cook over medium heat, stirring occasionally, until vegetables are crispy tender, about 8-10 minutes.

Step 2: Meanwhile, in a large pot combine remaining ingredients. Cook until mixture comes to a boil. **Step 3:** Add vegetable mixture. **Step 4:** Return to boil, then reduce heat to low. **Step 5:** Cover and cook until barley is tender, about 30-40 minutes.

Nutrients per Serving

Calories: 90 kcals

Fat: 3.0g

Sodium: 220mg

Carbohydrates: 15.0g

Fiber: 3.0g

Protein: 3.0g