

Beef and Barley Soup

Yield: about 24 (8 oz) servings

Ingredients	Measure		Nutrition per Serving	
	24 - 8 oz			
Beef round, cut into cubes	2 lb		Calories	140
Chopped onions	1½ lb (3½ cups)		Total Fat g	3
Chopped carrots	1¼ lb (3½ cups)		Saturated Fat g	1
Chopped celery	1 lb (3½ cups)		Cholesterol mg	15
Sliced fresh mushrooms	6 oz (2 cups)		Sodium mg	250
Pearl barley	12 oz (1½ cups)		Carbohydrate g	18
Water	1½ gallons		Fiber g	3
Med-Diet® Low Sodium Beef Soup Base	5 oz (¾ cup)		Sugar g	2
Bay leaf	1		Protein g	11
Ground black pepper	to taste			

Preparation

1. In stockpot, cook beef, stirring frequently, until browned. Transfer to plate. Add onions, carrots, celery and mushrooms; sauté until softened.
2. Add barley to stockpot; cook, stirring constantly, 2 minutes or until barley is lightly toasted.
3. Add water and soup base to stockpot; whisk until blended.
4. Return beef to stockpot. Add bay leaf; cover pot. Bring to a boil; reduce heat to low. Simmer, stirring occasionally, 40 minutes or until barley is softened and soup is 165°F.
5. Season soup with pepper. Remove bay leaf before serving.

Product Information

Product	Case Pack	Yield	Product Code
Med-Diet® Low Sodium Beef Soup Base	6 – 16 oz	42 gal	2192474