

# Bean and Barley Soup

**SERVING SIZE:** 1 cup  
**SERVINGS:** 10  
**PREPARATION TIME:** 15 minutes  
**COOK TIME:** 4 hours with quick method, longer with overnight soak

## INGREDIENTS:

- 1 1/2 cups total of several types of dry beans such as pinto, red, black, and navy
- 1/4 cup pearl barley
- 1 Tablespoon beef bouillon powder or 2 bouillon cubes
- 3 Tablespoons dried, minced onion
- 1 teaspoon celery seed (optional)
- 1 teaspoon garlic powder or granules
- 2 teaspoons Italian seasoning
- 1 bay leaf (optional)
- 1 28 ounce can crushed or diced tomatoes

## DIRECTIONS:

### To Prepare Beans:

1. Sort and remove broken, dirty or shriveled beans.
2. Pour beans into a pot or colander and rinse well under cold water.
3. Place beans in large pot with 8 cups of water and soak overnight.
4. Or, use **Quick Method**: bring water and beans to a boil, and boil for 2 minutes. Remove from heat and soak for 1 1/2 hours.
5. Drain and rinse the beans.

(See cooking directions on next page.)



## NUTRITION FACTS:

Amount Per Serving	
<b>Calories</b>	<b>132</b>
<b>Total fat</b>	1g
Saturated fat	0g
<b>Cholesterol</b>	0mg
<b>Sodium</b>	397mg
<b>Total Carbohydrate</b>	25g
Fiber	8g
Sugar	3g
Includes 0g of Added Sugars	
<b>Protein</b>	7g
<b>Phosphorus</b>	121mg
<b>Potassium</b>	496mg

## EQUIPMENT NEEDED:

- Stove and large pot or slow cooker
- Can opener

Recipe submitted by Mount Mary University Dietetics Department

Additional recipes available at: [healthyshelves.org](http://healthyshelves.org)

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## DIRECTIONS:

### Slow Cooker (Crock Pot) Directions:

1. Put prepared beans, barley and seasonings in slow cooker. Cover with 4 cups cold water.
2. Set slow cooker on low to cook 8 or more hours. Set on high to cook 6 to 8 hours. Simmer until beans are tender. Add more water if needed.
3. Add the tomatoes and simmer until hot. If added too soon the beans may be hard.

### Stovetop Directions:

1. Put prepared beans in large pot with 4 cups cold water. Bring to a boil.
2. Add seasonings and barley. Cover, reduce heat and simmer for 2 hours. Check often to make sure beans don't dry out. Add more water if needed.
3. Add tomatoes and simmer until hot.

## RECIPE TIPS:

- For a spicier version, add 1 teaspoon cayenne pepper. Or, replace 28 ounce can of tomatoes with one 10 ounce can diced tomatoes and green chilies, and one 15 ounce can crushed tomatoes.
- Add 1/2 pound of cooked chicken, or cooked ground or diced beef.
- For a gluten free version, quinoa or brown rice can be substituted for barley
- **Quick version:** use three 15 ounce cans of beans instead of dry beans. Drain and rinse beans before using them to reduce salt by 1/3 to 1/2.

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