Bean and Barley Soup

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:

<table>
<thead>
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<th>Amount Per Serving</th>
<th>132</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td></td>
</tr>
<tr>
<td>Total fat</td>
<td>1g</td>
</tr>
<tr>
<td>Saturated fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>397mg</td>
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<td>8g</td>
</tr>
<tr>
<td>Sugar</td>
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<tr>
<td>Includes 0g of Added Sugars</td>
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</tr>
<tr>
<td>Protein</td>
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<tr>
<td>Phosphorus</td>
<td>121mg</td>
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<tr>
<td>Potassium</td>
<td>496mg</td>
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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
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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