



RECIPE OF THE Month

Hearty Barley Soup

Serve a crowd or save some in your freezer.

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| 1 cup pearl barley, pre-soaked | 1 14.5-oz can unsalted whole |
| ½ lb ground beef (80% lean) | tomatoes, chopped |
| 1 tsp minced garlic | 1 8-oz package frozen mixed |
| 1-2 pinches red pepper flakes | vegetables |
| 6 cups vegetable broth, low-sodium | 2 tbsp fresh lemon juice |
| | 1 tbsp fresh thyme, chopped |

- 1 To pre-soak pearl barley:** Boil 4 cups of water in a medium pot, add barley and cook for 2 minutes; remove from heat and rest for 1 hour, or until barley plumps.
- 2** In a large pot, brown meat; stir in garlic and red pepper flakes. Drain off excess fat.
- 3** Stir in barley, broth and tomatoes. Bring to a boil, reduce heat and cover. Simmer 15 minutes.
- 4** Add frozen vegetables, lemon juice and thyme. Simmer 15 minutes or until vegetables are tender. Add extra water if soup is too thick.

Garnish suggestions: chopped scallions and crumbled feta cheese; salt and pepper to taste.

MAKES 12 CUPS – 8 (1½ cup) SERVINGS. Per cup:

176 calories | 7.8g protein | 3.8g fat | 1.3g sat fat | 2mg cholesterol | 28g carbs | 4g sugar | 4.7g fiber | 150mg sodium