



# Beef Barley Vegetable Soup

## INGREDIENTS (Yield: 4 servings)

- 1 teaspoon canola oil
- 1 small onion, chopped
- 3 carrots, peeled and chopped
- 2 ribs celery, chopped
- 4 cups reduced-sodium beef broth
- 8-ounce lean sirloin steak, cooked and cut into bite-sized pieces
- 15-ounce can of low-sodium diced tomatoes
- ¼ head of green cabbage, chopped
- 1/3 cup pearl barley
- 2 tablespoons chopped fresh parsley
- 2 teaspoons onion powder
- ½ teaspoon crushed celery seed
- ½ teaspoon oregano
- Black pepper to taste

NUTRITION INFORMATION: 310 Calories; 6 grams Fat; 2 grams Saturated Fat; 30 mg Cholesterol; 250 mg Sodium; 35 grams Carbohydrates; 13 grams Sugar; 7 grams Fiber; 26 grams Protein

## DIRECTIONS

1. In a large saucepan, sauté onion in canola oil over medium heat until soft. Add carrots and celery and sauté 5 – 10 minutes.
2. Add broth, meat, tomatoes, cabbage, barley, parsley, onion powder, celery seed, oregano and black pepper. Bring to a boil, then reduce heat and simmer for 40 minutes, stirring occasionally.