

COMFORTING BEEF & BARLEY SOUP



INGREDIENTS

Nutrient Analysis

PER SERVING

1/12 of recipe (1 cup)

Renal exchange:

1 Starch + 2 Protein + 1 Vegetable

Calories **225kcal**

Protein **15g**

Carbohydrates **27g**

Fiber **4.7g**

Total Fat **7g**

Saturated Fat **1.9g**

Cholesterol **29mg**

Sodium **196mg**

Potassium **407mg**

Phosphorus **172mg**

600g cubed stewing beef (3/4 inch cubes)

4 garlic cloves, chopped fine or pressed

1 1/2 cup onion, diced (1 large)

2 tablespoons vegetable oil

1 teaspoon dried thyme

1/2 teaspoon celery seed (not celery salt)

1 teaspoon tarragon

2 tablespoons Hungarian paprika

**3 cups frozen and chopped
"spaghetti mix" vegetables**

4 cups low sodium beef broth

1 cup water

1/2 cup bulgur

1/2 cup pearl barley

1/4 cup parsley, freshly chopped

PREPARATION: 15 MINUTES

COOKING: 90 MINUTES

SLOW COOKER: 4 HRS 15 MIN.

12 SERVINGS

SUGGESTION

Freeze leftover soup in portions for a quick meal when you are in a time crunch!

Note:

The spaghetti mix veggies are a mixture of cubed onion, celery, carrot and peppers and are a fabulous time saver.

PREPARATION

- 1** Dry beef cubes gently with paper towel.
- 2** Heat a heavy 4 quart soup pot on high, add oil and then the beef, browning well on all sides, about 5 minutes.
- 3** Add onion and garlic and continue to cook for another 5 minutes.
- 4** Add the herbs, spices and veggie mix, then the broth and water and bring to a boil.
- 5** Add the bulgur and the barley reducing the temperature to minimum and cover with a well fitting lid. Cook for approximately 1 hour and 15 minutes (until beef is tender).
- 6** If using a slow cooker, transfer the beef after step 3. Add all ingredients and put the setting on low, cover, and cook for 4 hours.
- 7** For the perfect finish add 1/4 cup freshly chopped parsley at the end of cooking time.

Enjoy.