



## QUICK AND EASY BEEF BARLEY AND VEGETABLE SOUP

### ingredients:

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

### 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.

Yield: 4 servings

### Nutrition Information Per Serving:

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

Food exchanges: 1 bread,  
4 vegetable, 2 meat



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