Barley Bean Soup

1 cup dried beans
1 cup dried barley
2 cups water
1 can (15 oz.) vegetable broth
1 can (15 oz.) diced Italian tomatoes
1 cup celery, chopped
1 onion, chopped
½ cup carrots, chopped
1 bay leaf
1 clove of garlic, minced

Directions:
Combine all ingredients in a large pot. Bring to a boil. Stir. Reduce to med/low heat, cover, and cook for 40 minutes. Check every 5-10 minutes to stir and modify heat if needed. Makes 4 meal size servings.

Nutrition Facts
Serving Size (348g)
Servings Per Container

Amount Per Serving
Calories 380 Calories from Fat 5
% Daily Value*
Total Fat 1g 2%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 440mg 18%
Total Carbohydrate 60g 27%
Dietary Fiber 16g 64%
Sugars 11g
Protein 15g

Vitamin A 60% • Vitamin C 35%
Calcium 10% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500
Total Fat Less than 65g 65g
Saturated Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4