



A Nutrition Resource

BARLEY LENTIL SOUP

Yield: 6 Servings

Cost/Serving: \$0.88

Ingredients:

- 1/2 cup lentils, rinsed and picked over for ones that don't look good
- 2 scallions, including greens, sliced
- 1/2 carrot, scrubbed or peeled and sliced
- 2 celery stalks, including leaves, sliced
- 1/4 tsp dried oregano
- 1/8 cup raw barley or brown rice
- 6 cups chicken, beef, or vegetable stock
- 8 oz whole peeled tomatoes, coarsely chopped
- Salt and pepper to taste
- 6 lemon wedges
- 1/2 Tbsp fresh basil, parsley, or cilantro leaves

Directions:

1. Put lentils, scallions, carrot, celery, oregano, barley or rice, and stock into a pot.
2. Place the pot on the stove and turn the heat to high. Bring it to a boil. Once the ingredients come to a boil, lower the heat to low and simmer without the lid for about 2 hours to thicken the soup. Stir occasionally to make sure it's not sticking.
3. After about 2 hours the pot should be about 1/4 less full than when you started.

Nutrition Facts

6 servings per container

Serving size 1/2 cup (0.0g)

Amount Per Serving

Calories **120**

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 410mg **18%**

Total Carbohydrate 15g **5%**

Dietary Fiber 2g **7%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 8g

Vitamin D 0mcg **0%**

Calcium 30mg **2%**

Iron 1.2mg **6%**

Potassium 360mg **8%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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4. Add the tomatoes and continue to cook the soup for 1-2 more hours, stirring occasionally. 5. Once the soup has finished cooking, taste it, and add a little bit of salt and pepper if you like. 6. Serve the soup right away with lemon wedges and basil, parsley, or cilantro, or store the soup in a covered container in the refrigerator for up to 2 days.

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6. Serve the soup right away with lemon wedges and basil, parsley, or cilantro, or store the soup in a covered container in the refrigerator for up to 2 days.

Source: MT Harvest of the Month and Chop Chop

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