

Bean and Barley Soup

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Vegetable oil		1/3 cup		2/3 cup
Onions, peeled, diced	4 lb		8 lb	
Celery, diced	2 lb		4 lb	
Carrot, diced, fresh or frozen	4 lb		8 lb	
Garlic, minced		3 Tbsp		4 Tbsp
Vegetable stock, low sodium		3 1/2 gal		7 gal
Soy sauce, reduced sodium		2 Tbsp		1/4 cup
Hot pepper sauce		2 tsp		1 Tbsp + 1 tsp
Barley, dry		4 1/2 cup		9 cup
Canned white beans, rinsed and drained	7 1/2 lb		15 lb	

Nutrition Information

Nutrients **Amount**

Calories **180**

Total Fat 3 g

Saturated Fat N/A

Cholesterol N/A

Sodium 480 mg

Total Carbohydrate 34 g

Dietary Fiber 7 g

Total Sugars N/A

Added Sugars included N/A

Protein **6 g**

Vitamin D N/A

Calcium N/A

Iron N/A

Potassium N/A

N/A - data is not available

Meal Components

Vegetables 1/2 cup

Basil, dried	1 Tbsp + 1 tsp	2 Tbsp + 2 tsp
Thyme, dried	1 Tbsp + 1 tsp	2 Tbsp + 2 tsp

Directions

1. In a large stock pot or steam kettle heat oil over medium heat.
2. Add onions, celery and carrots and cook until slightly tender, about 10 minutes or until soft. Do not brown.
3. Add the garlic. Cook an additional 2 minutes.
4. Add stock, soy sauce, hot sauce, basil and thyme. Bring to a boil.
5. Add barley and return to boil. Reduce heat and simmer 45 minutes until barley is tender.
6. Add the beans and return to simmer.
7. Hold until ready to serve.
8. Serve 1 cup (8 ounces).

Notes

Additional Tips

You can find the recipe for 25 servings and family sized servings [here](#).

Source: NH Obesity Prevention Program, DHHS, DPHS