



Garden Barley Soup

Makes: 6 servings

Break out the barley to make a comforting vegetable soup on a cold or rainy day.

Ingredients

- 46 fluid ounces** tomato juice
- 1 can** beef broth (10.5 ounce)
- 1 cup** barley (regular)
- 1/4 cup** sugar
- 1 tablespoon** Worcestershire sauce
- 1 bay leaf
- 1/2 teaspoon** thyme leaves (crushed)
- 1/4 teaspoon** salt
- 2 cups** zucchini (coarsely chopped)
- 1 tomato (medium, chopped)

Nutrition Information

Nutrients	Amount
Calories	130
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	350 mg
Total Carbohydrate	29 g
Dietary Fiber	4 g
Total Sugars	19 g
Added Sugars included	N/A
Protein	4 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

1/2 cup green pepper (chopped)

Directions

1. In a Dutch oven or stock pot, combine tomato juice, beef broth, barley, sugar and seasonings. Bring to boil; reduce heat.
2. Cover; simmer 1 hour.
3. Add vegetables. Return to boil; reduce heat.
4. Cover; simmer 15-20 minutes or until vegetables and barley are tender.

Notes

Learn more about:

- [Tomatoes](#)
- [Bell Peppers](#)
- [Zucchini](#)

Source: University of Illinois, Extension Service, Wellness Ways Resource Book