



## Vegetable Barley Soup

*Soouuup! Everybody loves it. It's a filling and an simple way to add more vegetables into your day. The barley in this recipe adds a great deal of fiber making you feel full with just 1 serving!*

Serves: 6

Serving Size: 1 bowl

### Ingredients

- 1 yellow onion, peeled and diced small
- 2 T olive oil
- 2 cloves garlic, peeled and minced
- ½ lb of carrots (about 4), peeled and diced
- 1 (28oz) can of diced tomatoes
- 1 cup pearled barley
- ½ tsp dried basil
- ½ tsp dried oregano
- ½ tsp black pepper
- 6 cups of low sodium vegetable broth
- 1 russet potato, peeled and diced into ½ inch cubes
- 1 cup frozen green beans
- ⅓ cup frozen corn
- ½ cup frozen peas
- 1 tbsp lemon juice
- Chopped fresh parsley for garnish (optional)

### Directions

1. Heat oil in a pot over medium heat. Add onion and saute until soft and translucent.
2. Add garlic and saute until fragrant, about 30 seconds.
3. Add carrots, tomatoes, barley, basil, oregano, pepper, and vegetable broth.
4. Stir to combine. Cover, turn heat up to medium high and bring to a boil. Turn heat down to medium low, cover and simmer soup for 30 minutes, stirring occasionally until barley is almost tender.
5. Add potatoes and simmer another 10 minutes until potatoes are tender. Add frozen green beans, corn and peas and stir to combine. Simmer for 5 minutes.
6. Add lemon juice and stir to combine. Taste and adjust seasonings. Serve with fresh parsley on top, if using. Enjoy!

### Nutrition Info per serving:

Calories: 279, Saturated Fat: .9g, Sodium: 464.5mg, Added Sugars: 0g, Fiber: 11g

Recipe adapted from: <https://www.budgetbytes.com/vegetable-barley-soup/>