Bean and Barley Soup

Serves 4. Total time 30 minutes. Can be made ahead. Freezable.

**Spotlight Ingredient: Barley**

Would you like to include more whole grains in your diet? Look no further than your local grocery store for a nutritious whole grain that cooks in just 10 minutes: quick-cooking barley. Barley is the only grain other than oats that supplies significant amounts of cholesterol-lowering soluble fiber. It also contains substances that help fight the cancer process such as tocotrienols and lignans. Look for quick-cooking barley, such as Quaker, on the rice aisle of your local supermarket.

Bean and Barley Stew

<table>
<thead>
<tr>
<th>1 T. olive oil</th>
<th>1 (15 oz.) can no salt added diced tomatoes</th>
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<tr>
<td>1 onion, chopped</td>
<td>1 tsp. dried thyme</td>
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<tr>
<td>3 garlic cloves, chopped</td>
<td>Freshly ground black pepper to taste</td>
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<td>4 carrots, peeled and chopped</td>
<td>2 cups cooked kidney beans</td>
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<td>8 oz. sliced button mushrooms</td>
<td>½ cup quick-cook barley</td>
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<td>4 cups reduced-sodium chicken broth</td>
<td>8 cups (6 oz.) fresh spinach, chopped</td>
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Warm oil in a Dutch oven over medium heat. Add onion, sauté 3 minutes. Add garlic, sauté 30 seconds. Add carrots and mushrooms; cook 5-7 minutes until mostly softened. Add broth, tomatoes, thyme, and pepper; cover and bring to a boil. Add beans and barley lower to medium heat, and simmer uncovered 9 minutes. Add spinach, cook 1 minute while stirring to wilt down.

**Nutrition Information (per 1/4 recipe, about 2-1/4 cups):** 292 cal, 14 g protein, 5 g fat, 0.5 g sat. fat, 0 g trans fat, 52 g carb, 15 g fiber, 0 mg chol, 622 mg sodium. **1 serving equals:** 4 vegetables, 0.5 whole grain, 1 protein/dairy, 1 fat
**Bean and Barley Soup**

**Shopping List**

**Produce Section**
- 1 onion
- 3 garlic cloves
- 4 carrots
- 8 oz. sliced button mushrooms
- 8 cups (6 oz.) fresh spinach (see tip #1)

**Dry Goods Section**
- 1 T. olive oil
- 4 cups reduced-sodium chicken broth (see tip #2)
- 1 (15 oz.) can no salt added diced tomatoes
- 1 tsp. dried thyme
- 2 cups cooked kidney beans (see tip #3)
- ½ cup quick-cook barley (see tip #4)

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**Smart Shopper Tip #1:**
Soups are a great way to incorporate more vegetables into your day. Feel free to add other vegetables, such as diced red peppers, zucchini, yellow squash, or corn.

You can also substitute other dark green leafy vegetables, such as chopped kale, collards, mustard, or turnip greens. They are all loaded with vitamin A and the phytochemical lutein which are antioxidants and important for vision. Be sure to add heartier greens earlier in the cooking process since they usually require 20-30 minutes to become tender.

**Smart Shopper Tip #2:**
Regular commercial chicken broth is extremely high in sodium. Be sure to use a reduced (25% less), light (50% less), or low-sodium variety. With flavorful ingredients, such as onion, garlic, and mushrooms, you will never miss the extra sodium.

**Smart Shopper Tip #3:**
Beans are packed with fiber, vitamins, and minerals and a great addition to this light soup. For a heartier variation, feel free to substitute chopped cooked chicken breast or lean beef.

**Smart Shopper Tip #4:**
If you can’t find quick cooking barley, substitute instant brown rice that also cooks in 10 minutes.

By Kelly Frazier, M.A., Furman University, Department of Health Sciences