

# Beef Barley Soup II

Paula Macri - Gattuso's Bella Cucina  
Scripps Treasure Coast Newspapers

- 1 cup carrot, diced
- 1 cup celery, diced
- 1 cup sweet onion, diced
- 2 tablespoons beef soup base
- 2 tablespoons chicken soup base
- 6 1/2 ounces pearl barley
- 3 quarts water
- 1/2 pound lean ground beef
- 2 tablespoons butter
- salt (to taste)
- pepper (to taste)

In a saucepan, melt the butter. Add the vegetables and saute' until the vegetables are tender.

In a skillet, cook the ground beef. Drain any excess fat.

Add the ground beef to the vegetables. Add the beef base, chicken base, water and the barley. Simmer for 30 minutes.

Season with salt and pepper. Serve.

Per Serving (excluding unknown items): 1586 Calories; 73g Fat (40.8% calories from fat); 63g Protein; 174g Carbohydrate; 38g Dietary Fiber; 232mg Cholesterol; 647mg Sodium. Exchanges: 9 1/2 Grain(Starch); 6 Lean Meat; 5 1/2 Vegetable; 10 1/2 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	1586	Vitamin B6 (mg):	1.5mg
% Calories from Fat:	40.8%	Vitamin B12 (mcg):	5.3mcg
% Calories from Carbohydrates:	43.5%	Thiamin B1 (mg):	.7mg
% Calories from Protein:	15.7%	Riboflavin B2 (mg):	.8mg
Total Fat (g):	73g	Folacin (mcg):	143mcg
Saturated Fat (g):	34g	Niacin (mg):	20mg
Monounsaturated Fat (g):	27g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0
Cholesterol (mg):	232mg	% Daily Value:	on on%
Carbohydrate (g):	174g	<b>Food Exchanges</b>	
Dietary Fiber (g):	38g	Grain (Starch):	9 1/2
	63g		6
			1

**Protein (g):**  
**Sodium (mg):** 647mg  
**Potassium (mg):** 2126mg  
**Calcium (mg):** 250mg  
**Iron (mg):** 10mg  
**Zinc (mg):** 14mg  
**Vitamin C (mg):** 31mg  
**Vitamin A (i.u.):** 37234IU  
**Vitamin A (r.e.):** 3849 1/2RE

**Lean Meat:**  
**Vegetable:** 5 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 10 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

<b>Calories</b> 1586	Calories from Fat: 647
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### % Daily Values\*

<b>Total Fat</b> 73g	112%
Saturated Fat 34g	169%
<b>Cholesterol</b> 232mg	77%
<b>Sodium</b> 647mg	27%
<b>Total Carbohydrates</b> 174g	58%
Dietary Fiber 38g	150%
<b>Protein</b> 63g	

<b>Vitamin A</b>	745%
<b>Vitamin C</b>	51%
<b>Calcium</b>	25%
<b>Iron</b>	58%

\* Percent Daily Values are based on a 2000 calorie diet.