

Beef Barley Soup III

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Servings: 6

1/2 pound ground beef
2 1/2 cups cold water
1 can (14-1/2 ounce) stewed tomatoes, cut up
3/4 cup sliced carrots
3/4 cup sliced mushrooms
1/2 cup quick cooking barley, uncooked
2 cloves garlic, minced
1 teaspoon dried oregano leaves
1/2 pound Velveeta cheese, cut up
chopped fresh parsley (for garnish)

Preparation Time: 15 minutes

In a large saucepan, brown the meat. Drain.

Stir in the water, tomatoes, carrots, mushrooms, barley, garlic and oregano.

Bring the mixture to a boil. Reduce the heat to low. Cover and simmer for 10 minutes or until the barley is tender.

Add the Velveeta. Stir until melted.

Start to Finish Time: 35 minutes

Per Serving (excluding unknown items): 139 Calories; 10g Fat (65.1% calories from fat); 7g Protein; 5g Carbohydrate; 1g Dietary Fiber; 32mg Cholesterol; 46mg Sodium. Exchanges: 1 Lean Meat; 1 Vegetable; 1 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	139
% Calories from Fat:	65.1%
% Calories from Carbohydrates:	14.7%
% Calories from Protein:	20.2%
Total Fat (g):	10g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	32mg
Carbohydrate (g):	5g
Dietary Fiber (g):	1g
Protein (g):	7g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	1.0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	9mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1

Sodium (mg): 46mg
Potassium (mg): 273mg
Calcium (mg): 25mg
Iron (mg): 1mg
Zinc (mg): 2mg
Vitamin C (mg): 7mg
Vitamin A (i.u.): 4520IU
Vitamin A (r.e.): 452RE

Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 139 Calories from Fat: 91

% Daily Values*

Total Fat	10g	16%
Saturated Fat	4g	20%
Cholesterol	32mg	11%
Sodium	46mg	2%
Total Carbohydrates	5g	2%
Dietary Fiber	1g	4%
Protein	7g	
Vitamin A		90%
Vitamin C		11%
Calcium		3%
Iron		7%

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