

Beef, Barley and Mushroom Soup

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High in fiber and low in fat, this rustic soup combines beef chuck, barley and canned tomatoes with lots of fresh fixings, including white turnip, shiitake mushrooms, carrots, shallots and dill.

Active Time: [20 minutes](#)

Total Time: [9 hours](#)

Recipe Ingredients

- 12 oz lean beef chuck for stew
- 4 cups reduced-sodium chicken broth
- 2 cups water
- 1 can (14.5 oz) diced tomatoes with garlic and onion
- 12 oz shiitake mushrooms, sliced
- 1 large white turnip, peeled and diced
- 2 large carrots, diced
- 1 cup barley (not quick-cooking)
- 2 large shallots, chopped (1/2 cup)
- 1/2 tsp each pepper and dried thyme
- 1/4 cup snipped fresh dill

Recipe Preparation

1. Mix all ingredients except dill in a 4-qt or larger slow-cooker. Cover and cook on low 7 to 9 hours until beef and vegetables are tender.

2. To serve: Stir dill into soup and ladle into bowls.



Photo: Jacqueline Hopkins

Nutrition Facts

Yield 6 servings
Servings 6

Amount Per Serving

Calories 264

Total Fat 5g

Saturated Fat 2g

Cholesterol 37mg

Sodium 682mg

Total Carbohydrates 36g

Dietary Fiber 8g

Protein 19g