

Meatball and Barley Soup

*Lorraine Wheelan - Fort Pierce, FL
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*1 tablespoon olive oil
2 medium carrots, peeled and diced
2 ribs celery, diced
1 cup onion, diced
3 cloves garlic, finely diced
6 cups low-sodium chicken broth
1 3/4 cups barley
1 pound ground pork
3/4 cup Parmesan cheese, shredded
2 tablespoons fresh parsley, chopped
1 1/2 teaspoons salt
1/2 teaspoon pepper
1 can (15.5 ounces) cannellini beans,
drained and rinsed
8 cups escarole or spinach, roughly
chopped*

In a large pot, heat the oil over medium heat. Add the carrots, celery and onion. Cook for 8 minutes. Stir in the garlic and cook for 2 minutes.

Add the broth, two cups of water and the barley. Bring to a boil. Reduce the heat to medium-low. Cover and cook for 25 minutes.

Meanwhile, mix together the ground pork, 1/4 cup of the Parmesan, parsley, 1/4 teaspoon of salt and 1/4 teaspoon of pepper. Roll into thirty meatballs about one tablespoon each.

Drop the meatballs into the soup. Stir in the beans. Return to a simmer and cook for 5 minutes.

Stir in the escarole (or spinach) and the remaining 1/2 cup of Parmesan, 1-1/4 teaspoon of salt and 1/4 teaspoon of pepper.

Ladle into bowls and garnish with grated Parmesan, if desired.

Per Serving (excluding unknown items): 3734 Calories; 153g Fat (34.0% calories from fat); 260g Protein; 407g Carbohydrate; 87g Dietary Fiber; 374mg Cholesterol; 5011mg Sodium. Exchanges: 24 Grain(Starch); 25 Lean Meat; 6 1/2 Vegetable; 16 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

% Calories from Fat:	34.0%
% Calories from Carbohydrates:	40.3%
% Calories from Protein:	25.7%
Total Fat (g):	153g
Saturated Fat (g):	51g
Monounsaturated Fat (g):	59g
Polyunsaturated Fat (g):	15g
Cholesterol (mg):	374mg
Carbohydrate (g):	407g
Dietary Fiber (g):	87g
Protein (g):	260g
Sodium (mg):	5011mg
Potassium (mg):	8377mg
Calcium (mg):	1725mg
Iron (mg):	46mg
Zinc (mg):	32mg
Vitamin C (mg):	45mg
Vitamin A (i.u.):	41528IU
Vitamin A (r.e.):	4241RE

Vitamin B12 (mcg):	7.0mcg
Thiamin B1 (mg):	6.5mg
Riboflavin B2 (mg):	3.2mg
Folacin (mcg):	1017mcg
Niacin (mg):	71mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	24
Lean Meat:	25
Vegetable:	6 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	16 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	3734	Calories from Fat: 1268
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% Daily Values*

Total Fat	153g	235%
Saturated Fat	51g	255%
Cholesterol	374mg	125%
Sodium	5011mg	209%
Total Carbohydrates	407g	136%
Dietary Fiber	87g	349%
Protein	260g	

Vitamin A	831%
Vitamin C	76%
Calcium	173%
Iron	254%

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