

Quick and Easy Barley Soup

Elizabeth Windhurst

The Pennsylvania State Grange Cookbook (1992)

Servings: 6

*1 onion, chopped
3 carrots, chopped
3 potatoes, chopped
3 stalks celery, chopped
2 tablespoons parsley
flakes
1/4 teaspoon pepper
2 quarts water
3 tablespoons beef soup
base
1/2 cup quick-cooking
barley*

In a four-quart saucepan, combine the onions, carrots, potatoes, celery, parsley flakes, pepper, water and soup base.

Bring to a boil. Stir in the barley.

Cook for 30 minutes or until the vegetables and barley are tender, stirring occasionally.

Per Serving (excluding unknown items): 74 Calories; trace Fat (2.1% calories from fat); 2g Protein; 17g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 44mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Vegetable; 0 Fat.