

Tomato, Beef and Barley Soup

Pillsbury Best One Dish Meals - February - 2011

Servings: 6

Preparation Time: 45 minutes

Start to Finish Time: 45 minutes

1 pound lean ground beef

2 cans (19 oz) Progresso Vegetable Classics hearty tomato soup

2 cups water

1/2 cup quick-cooking barley, uncooked

1 cup celery, sliced

1 cup frozen mixed vegetables

6 tablespoons fresh Parmesan cheese, shredded

In a 4-quart saucepan or Dutch oven, cook the beef over medium-high heat for 5 to 7 minutes, stirring occasionally, until thoroughly cooked. Drain.

Stir in the soup, water, barley and celery.

Heat to boiling, stirring occasionally.

Reduce heat to low and simmer, uncovered, for 15 minutes, stirring occasionally, until the barley is tender.

Stir in the frozen mixed vegetables. Cook for 6 to 7 minutes, stirring occasionally, until the mixture is hot.

Sprinkle each serving with one tablespoon of cheese.

Per Serving (excluding unknown items): 222 Calories; 16g Fat (64.8% calories from fat); 15g Protein; 5g Carbohydrate; 2g Dietary Fiber; 57mg Cholesterol; 86mg Sodium. Exchanges: 2 Lean Meat; 1 Vegetable; 2 Fat.