Beef Vegetable and Barley Rainy Day Soup

Preparation Time 40 minutes

Makes: 8 servings (2 cups each)

Makes a big batch that freezes perfectly for those days when you want a cozy meal in minutes.

Ingredients

- 1 lb lean ground beef (or any ground meat of your choice)
- 1/2 lb Italian sausage, bulk or removed from casings (chicken or turkey is good)
- 1 onion, chopped
- 4 garlic cloves, minced
- 2 tablespoons olive oil
- 3 tablespoons tomato paste
- 15 oz can tomato sauce
- 2 quarts reduced sodium beef broth
- 1/2 cup pearled barley
- 1.5 teaspoons Italian seasoning (or ½ tsp each basil, oregano and thyme)
- 2 teaspoons Worcestershire sauce
- 2 bags (12oz) frozen mixed vegetables (green beans, carrots, peas, corn)
- 1/2 teaspoon black pepper, or to taste

Directions

1. In a large soup pot, brown onion in olive oil. Add ground beef and sausage and cook until browned. Add the garlic and sauté for a minute. Then add tomato paste and caramelize for several minutes. Add black pepper.
2. Add the barley, tomato sauce, beef broth, Worcestershire sauce and Italian seasoning and simmer until barley is plump and tender, about 20-30 minutes.
3. Add the frozen mixed vegetables and bring back up a simmer. Cook another 5 minutes until vegetables are tender. Skim fat from surface if needed.

WATCH, TASTE, LEARN Healthy Cooking Class

Elizabeth Caruthers, RDN, CDCES Nutrition and Diabetes Program Coordinator

469 Migeon Avenue Torrington, CT 06790 10 Center Street Winsted, CT 06098

860-489-0931 chwctorr.org

Community Health & Wellness

Our Family – Taking Care of Yours

Nutrition

- 2 cup serving Calories 334
- Carbs 28g, Net carbs 21g, Added sugar 0g, Fiber 7g
- Fat 13g, Saturated fat 4g, Protein 24g Sodium 418mg, Potassium 501mg

Tips

- Use brown rice in place of barley to make it gluten free
- Freeze extra tomato paste in 1 tablespoon portions to use next time

Elizabeth Caruthers, RDN, CDCES

Registered Dietitian-Nutritionist

Certified Diabetes Education Specialist

Looking for support?

A registered dietitian-nutritionist and diabetes educator can help you build a foundation of better health. Services at Community Health and Wellness are covered by HUSKY, Medicare, private insurance, and financial assistance.

Nutrition Counseling

- Nutritional assessment and individualized guidance based on your health conditions and laboratory results.

Diabetes Education Program

- Individual appointments to help you gain the knowledge, skills and confidence to manage your diabetes well.

Watch, Taste, Learn

- Healthy cooking classes, recipe demonstrations and tastings.
- Use the QR code to see all the Watch Taste Learn recipes and the class schedule on our website!

Want to learn more?

Contact Elizabeth Caruthers, Nutrition and Diabetes Program Coordinator at 860-489-0931 x1110 or ecaruthers@chwctorr.org.