

## BARLEY LENTIL SOUP

**Yield: 6 Servings** Cost/Serving: \$0.88

## **Ingredients:**

1/2 cup lentils, rinsed and picked over for ones that don't look good

2 scallions, including greens, sliced

1/2 carrot, scrubbed or peeled and sliced

2 celery stalks, including leaves, sliced

1/4 tsp dried oregano

1/8 cup raw barley or brown rice

6 cups chicken, beef, or vegetable stock

8 oz whole peeled tomatoes, coarsely chopped

Salt and pepper to taste

6 lemon wedges

1/2 Tbsp fresh basil, parsley, or cilantro leaves

## **Directions:**

- 1. Put lentils, scallions, carrot, celery, oregano, barley or rice, and stock into a pot.
- 2. Place the pot on the stove and turn the heat to high. Bring it to a boil. Once the ingredients come to a boil, lower the heat to low and simmer without the lid for about 2 hours to thicken the soup. Stir occasionally to make sure it's not sticking.
- 3. After about 2 hours the pot should be about 1/4 less full than when you started.

Nutrition Facts 6 servings per container Serving size 1/2 cup (0.0g)	
	% Daily Value
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 410mg	18%
Total Carbohydrate 15	g <b>5</b> %
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 0g Added Sug	jars 0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.2mg	6%
Potassium 360mg	8%

The % Daily Value (DV) tells you how much a nutrient in serving of food contributes to a daily diet. 2,000 calories

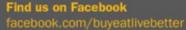
day is used for general nutrition advice.

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- 4. Add the tomatoes and continue to cook the soup for 1-2 more hours, stirring occasionally. 5. Once the soup has finished cooking, taste it, and add a little bit of salt and pepper if you like. 6. Serve the soup right away with lemon wedges and basil, parsley, or cilantro, or store the soup in a covered container in the refrigerator for up to 2 days.
- 5. Once the soup has finished cooking, taste it, and add a little bit of salt and pepper if you like.
- 6. Serve the soup right away with lemon wedges and basil, parsley, or cilantro, or store the soup in a covered container in the refrigerator for up to 2 days.

Source: MT Harvest of the Month and

Chop Chop

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