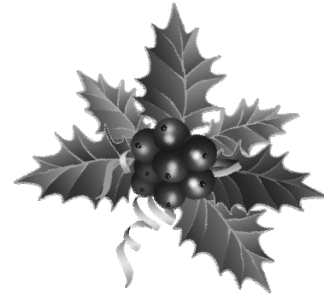


Slow Cooker Beef-Barley Vegetable Soup

1 lb. boneless beef chuck roast, fat trimmed off and cut into bite-sized pieces
3 carrots, chopped
3 stalks celery, chopped
1 onion, chopped
1 16-oz. pkg. frozen mixed vegetables (*omit the carrots if in this vegetable mix*)
1 28-oz. can diced tomatoes (*or 4 c. chopped fresh tomatoes to reduce sodium content*)
2 tsp. minced garlic (*or 1 tsp. garlic powder*)
1/2 c. long-cooking pearl barley
1 bay leaf
1 Tbsp. vinegar
1 Tbsp. sugar
1/2 tsp. black pepper
Salt to taste
4 c. low-sodium beef broth
4 c. water



1. Add all ingredients to slow cooker. Stir to mix well.
2. Cover and cook on Low for 9 to 11 hours or High for 5 to 6 hours.

Yield: 10 servings

Nutritional Information: Per serving:

Calories: 167 (*158 using fresh tomatoes*)

Total Fat: 3 g

Cholesterol: 20 mg

Carbohydrates: 24 g (*22 g using fresh tomatoes*)

Fiber: 5 g

Protein: 19.8 g

Sodium: 290 mg (*108 mg using fresh tomatoes*)