**Bean and Barley Soup** 

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Ingredients	50 Servings		100 Servings		For 25	Directions	
ingredients	Weight	Measure	Weight	Measure	Servings	Directions	
Vegetable oil		1/3 cup		2/3 cup	31/4 Tb	In a large stockpot or steam kettle     heat oil over medium heat.	
Onions, peeled, diced	4 lb		8 lb		2 lb	2. Add onion, celery, and carrots and	
Celery, diced ■	2 lb		4 lb		1 lb	cook over medium heat for 10 minutes or until soft. Do not brown.	
Carrots, diced, fresh or frozen	4 lb		8 lb		2 lb	3. Add garlic. Cook 2 minutes.	
Garlic, minced		3 Tb		4 Tb	2 Tb	4. Add stock, soy sauce, hot sauce, basil, and thyme. Bring to a boil.	
Vegetable stock, low sodium		3½ gallons		7 gallons	7 quarts	5. Add barley and return to boil. Reduce heat and simmer 45 minutes	
Soy sauce, reduced sodium		2 Tb		¹⁄₄ cup	3 tsp	until barley is tender.	
Hot pepper sauce		2 tsp		1 Tb +1 tsp	1 tsp	6. Add the beans and return to simmer.	
Basil, dried		1 Tb +1 tsp		2 Tb +2 tsp	2 tsp	7. Hold until ready to sere.	
Thyme, dried		1 Tb +1 tsp		2 Tb +2 tsp	2 tsp	Serve 1 cup (8 ounces).	
Barley, dry		4½ cups		9 cups	2½ cups		
Canned white beans, rinsed and drained	7½ lb		15 lb		3¾ lb		

<sup>■</sup> USDA commodity fruits, vegetables, or beans listed in the Food Buying Guide for Child Nutrition Programs, 2008 edition

### **Bean and Barley Soup**

### **Nutrients Per Serving**

Calories		180
Percent Calories	from Fat	13%
Total Fat		2.5g
Saturated Fat	ł	0 g
Trans Fat		0 g
Cholesterol		0 mg
Sodium		480 mg
Total Carbohydro	ates	34 g
Dietary Fiber		7 g
Sugars		4 g
Protein		6 g
Vitamin A	(6,000 I	U) 120%
Vitamin C	(4.8	mg) 8%
Calcium		6%
Iron		10%

## Approximate preparation time

1 hour

### **Child Nutrition Program Food Components**

Each portion provides:

• ½ cup vegetable

Family-size recipe can be found in the appendix.

# Original Recipe Source

Produce for Better Health Foundation

NOTES