

Beef Barley Soup with Spinach

Total Recipe Time: 2 to 2-1/4 hours

2-1/2 pounds beef Stew Meat, cut into 1-inch pieces
5 cups water
1 package (.9 to 1.43 ounces) dry onion-mushroom soup mix
1 teaspoon dried thyme leaves
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 cup medium pearled barley
4 cups loosely packed fresh baby spinach



1. Combine beef, water, soup mix, thyme, salt and pepper in stockpot; bring to a boil. Reduce heat; cover tightly and simmer 60 minutes.
2. Stir in barley; bring to a boil. Reduce heat; continue simmering, covered, 45 minutes to 1 hour or until beef is fork-tender and barley is tender. Stir in spinach; cover and remove from heat. Let stand 5 minutes. Season with salt and pepper, if desired.

Makes 6 to 8 servings

Nutrition information per serving, 1/6 of recipe: 248 calories; 9 g fat (3 g saturated fat; 3 g monounsaturated fat); 76 mg cholesterol; 294 mg sodium; 13 g carbohydrate; 3.5 g fiber; 29 g protein; 4.2 mg niacin; 0.3 mg vitamin B₆; 2.3 mcg vitamin B₁₂; 3.9 mg iron; 18.9 mcg selenium; 6.0 mg zinc; 100.9 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B₁₂, iron, selenium and zinc; and a good source of fiber, vitamin B₆ and choline.

Nutrition information per serving, 1/8 of recipe: 186 calories; 6 g fat (2 g saturated fat; 3 g monounsaturated fat); 57 mg cholesterol; 220 mg sodium; 9 g carbohydrate; 2.6 g fiber; 21 g protein; 3.2 mg niacin; 0.2 mg vitamin B₆; 1.8 mcg vitamin B₁₂; 2.9 mg iron; 14.2 mcg selenium; 4.5 mg zinc; 75.7 mg choline.

This recipe is an excellent source of protein, vitamin B₁₂, selenium and zinc; and a good source of fiber, niacin, vitamin B₆, iron and choline.

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