

Whole Grain/Split Pea/Lentil Recipe

Slow Cooker/Stove Top

Layered Soup



Ingredients:	Approx. Cost:
½ cup barley	\$.32
½ cup split peas	\$.24
½ cup brown rice, uncooked	\$.24
½ cup lentils, uncooked	\$.24
4 chicken bouillon cubes	\$.45
1 tablespoon each of: dried parsley, dried oregano, dried basil	\$1.50*
1 teaspoon each of: garlic powder, black pepper, dried thyme, onion powder, paprika	\$1.25*
½ teaspoon dry mustard	\$.25*
1 medium onion, chopped	\$1.50
2 carrots, peeled and chopped	.50
2 celery stalks, chopped	\$1.00
1 - 14.5 or 15 oz can chopped tomatoes	\$1.00
Total	\$8.49

of servings: 8 **Cost per serving: \$1.06**

**Condiments and spices are calculated as a 25 cent estimate each time they are used.

Directions for Slow Cooker: Rinse barley, split peas, brown rice and lentils. Place all ingredients in a slow cooker, including the juice of the canned tomatoes. Add 10 cups of water. Cover and cook on low for 6 to 8 hours.

Directions for Stove Top: Rinse barley, split peas, brown rice and lentils. Place all ingredients into a large pot and add 10 cups of water. Bring to a boil. Lower heat, cover, and simmer for 1 hour, stirring occasionally. Check after 30 minutes and add more water if needed. For a meatier tasting soup add mushrooms, beef or chicken.

Nutrition Facts: Barley, brown rice, lentils, and split peas are great sources of fiber that keep you regular and lower cholesterol. Lentils and split peas are healthy heart foods that stabilize blood sugar.

Fitness Tip: When stirring the soup, strengthen your calves with calf raises! Try to do 10 to 30 repetitions. For each repetition: stand normally, then stand on your toes for a second or two, then stand normally.

Nutritional Information per serving

Calories	212
Total Fat	1 g
Saturated Fat	0 g
% of daily total	0 %
Carbohydrates	41 g
Protein	10 g
Fiber	11 g

	% of daily total
Vit A	27 %
Vit C:	20 %
Calcium:	6 %
Iron	17 %
Good source of*	Vitamin A, Vitamin C, Iron, Magnesium, Manganese, Phosphorus, B Vitamins, Potassium, Zinc, Selenium
*(10% or more of the RDA)	

based on 2000 calorie diet

