

Whole Grain Lunch/Dinner Recipe

Slow Cooker

Vegetable Barley Soup



Ingredients:	Approx. Cost:*
1 small onion, chopped	\$1.29
3 large carrots, chopped	\$.99
2 stalks celery, chopped	\$1.99
1 1lb green beans, trimmed and chopped	\$2.99
½ bunch chard or mustard greens, leafy part only, chopped	\$2.49
½ cup pearl barley	.48
1 – 14 or 15 oz can tomato sauce	\$1.39
3 – 14 oz cans chicken stock	\$3.27
1 ½ tsp. dried Italian seasonings, salt and pepper to taste	\$.75**
Total:	\$15.64

of servings: 12 **Cost per serving: \$1.30**

*Based on Peapod's on-line pricing.

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

Directions: Place all ingredients in a slow cooker, stir, cover and let cook on low for about 8 hours. Or cook on high heat for 4 to 5 hours.

Nutritional Information per 1 cup serving

Calories	96
Total Fat	1.2 g
Saturated Fat	0 g
% of daily total	0 %
Carbohydrates	18 g
Protein	4 g
Fiber	4.5 g

	% of daily total	
Vit A	36	%
Vit C:	36	%
Calcium:	6	%
Iron	8	%
Good source of*	Vitamin A, Vitamin C, Magnesium, B6, Folate, Niacin, Potassium	
*(10% or more of the RDA)		

based on 2000 calorie diet

