

# Whole Grain Lunch/Dinner Recipe

## Slow Cooker

### *Vegetable Barley Soup*



<b>Ingredients:</b>	<b>Approx. Cost:*</b>
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**
<b>Total:</b>	<b>\$15.64</b>

# 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

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

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

based on 2000 calorie diet

