

Barley and Lentil Soup

Serves 8, 1 cup per serving

Ingredients

- 3 medium carrots
- 2 medium onions
- 3 large cloves garlic
- 4 cups fresh spinach
- $\frac{3}{4}$ cup pearl barley
- 1 Tablespoon canola oil
- 1 teaspoon ground paprika
- $\frac{1}{2}$ teaspoon ground cayenne pepper
- 6 cups water
- 4 cups low-sodium chicken or vegetable broth
- 1 cup dried lentils
- 1 (14½-ounce) can diced tomatoes, no salt added
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper

Optional Ingredients

- $\frac{1}{4}$ cup grated Parmesan cheese



Directions

1. Rinse, peel, and dice carrots and onions. Peel and mince garlic. Rinse and chop spinach.
2. In a colander, rinse barley with cold water.
3. In a large pot, add oil. Heat over medium-high heat. Add carrots and onions. Cook until slightly soft, about 5 minutes.
4. Add garlic, paprika, and cayenne pepper to pot. Stir and cook for 30 seconds.
5. Add barley, water, and broth to pot. Bring to a boil. Reduce heat to low. Partially cover with a lid and simmer for 15 minutes.
6. In a colander, rinse lentils with cold water. Add lentils to pot, along with tomatoes. Cover and simmer for 30 minutes.
7. Add spinach to soup and stir. Cover and simmer for 5 more minutes.
8. Add salt and pepper and stir. If using Parmesan cheese, add now.

Nutrition Facts

Serving Size 1 cup
Servings Per Recipe 8

Amount Per Serving

Calories 210 **Calories from Fat** 30

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 370mg **16%**

Total Carbohydrate 38g **14%**

Dietary Fiber 10g **36%**

Sugars 5g

Protein 11g

Vitamin A 100% • Vitamin C 15%

Calcium 4% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Chef's Notes

- If soup is too thick, add extra liquid (water or broth) to your taste.
- Beans and grains continue to absorb water when stored in the fridge. When reheating leftover soup, add water or broth as needed.
- Use kale, chard, or collard greens in place of spinach, if you like.
- For a more filling and healthier soup, add more colorful veggies.