



Beef and Barley Vegetable Medley Soup

Servings

10

Calories

110

Prep Time

15 minutes

Total Time

1 hr

Skill Level

Easy

Ingredients

2 (12 ounces) packages Mann's Vegetable Medley

2 tablespoons olive oil

1 large yellow onion, chopped

½ pound beef stew pieces

1 teaspoon salt

1 teaspoon pepper

3 cups chicken stock

3 cups beef stock

¼ cup tomato paste

¼ cup quick cooking barley, dry



The Method

Heat olive oil in a large pan on medium-high heat. Add onion and cook 6 minutes, stirring often, until fragrant. Stir in beef, salt and pepper. Cook 6–8 minutes, until meat is browned and mostly cooked through.

Add meat mixture to a large pot. Stir in chicken and beef stock, tomato paste and barley. Cook according to barley package directions (about 10 minutes). Stir in vegetable medley and cook 10 minutes more on medium heat. Remove from heat immediately and leave uncovered to prevent vegetables from overcooking.

Nutrition Facts

Serving Size: 262g | Servings: 10

Amount Per Serving

Calories 110 | Total Fat 4g (sat fat 1g trans 0g) | Cholesterol 15mg | Sodium 390mg | Total Carbohydrate 11g | Dietary Fiber 3g | Sugars 4g | Protein 8g | Vitamin D 0% | Calcium 2% | Iron 6% | Potassium 8%