



chiropractic laser physical rehab naturopathy massage therapy acupuncture reiki reflexology Bowen

Barley Minestrone Soup (serves 6)

FLT (per serving): 1 legume, ½ grain

116 calories, 18 g carbohydrates, 8 g protein, 2 g fat

- 1 tbsp. olive oil
- 3 carrots, sliced or diced
- 2 cloves garlic, minced
- 6 cups vegetable or chicken stock, or 6 cups water and bouillon cube
- 1 16 oz. can kidney beans, drained
- 1 lb. fresh green beans, cut into 1" pieces or 1 10 oz. package frozen cut green beans
- 1 medium to large onion, chopped
- 2 stalks celery, diced
- 1 bay leaf
- 1 28 oz. can tomatoes, with juice
- 1/3 cup whole barley

1. In a 6-quart pot, sauté onion, celery, carrot, and garlic until browned.
2. Add stock, tomatoes, barley, and bay leaf.
3. Bring to a boil and cover, reducing heat to a simmer for 50 minutes, stirring occasionally.
4. Stir in kidney beans and green beans and simmer for 5-10 minutes more until all vegetables are tender.
5. Remove bay leaf before serving.