

# January Recipe of the Month

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## Hearty Hamburger Soup

A big pot of soup warms the house on a chilly day. This soup has plenty of vegetables to go with the ground beef. Barley has been added to make it even heartier. Most of the barley at the supermarket is pearl barley which has been processed to make it cook more quickly. You may be able to find whole grain barley in the bulk food section at the grocery store or at natural food stores. Whole grain barley takes at least an hour to cook so it will work in the recipe. You can also make this with ground turkey in place of the ground beef.

**Serves: 10**

**Serving size: 1½ cups**

1 ½ pounds lean ground beef  
1 medium onion, minced  
4 medium carrots, minced  
3 celery stalks, thinly sliced  
½ cup dry barley  
One 28 oz can no salt added diced tomatoes  
2 cups water  
Three 10 oz cans low sodium beef broth  
One 10.75 oz can condensed tomato soup  
1 bay leaf  
1 tbsp dried parsley flakes  
1 tsp minced garlic  
½ tsp dried thyme  
ground black pepper, to taste



### Directions:

1. Heat a large soup pot over medium-high heat, and crumble in the ground beef. Cook and stir until the beef is evenly browned and no longer pink. Drain, and discard any excess fat.
2. Stir in the onion, carrots, celery, and barley.
3. Pour in diced tomatoes, water, broth, and tomato soup.
4. Season with bay leaf, parsley, garlic, thyme, and pepper.
5. Bring to a boil. Reduce heat, and cover; simmer for 2 hours, stirring frequently.
6. Remove bay leaf before serving.

Per serving: 250 calories, 17g protein, 11g fat (4g saturated), 45mg cholesterol, 20g carbohydrate, 3g fiber, 7g sugar, 240mg sodium

%Daily Value: Vitamin A 100%, Vitamin C 35%, Calcium 6%, Iron 15%

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