AMERICAN · LUNCH · DINNER

Vegetable Barley Soup

55 min · Serves 8 · 227 kcal a serve · Video 3:44 · Artichoke Hearts

Vegan · No nuts listed

Pearl barley (with its soluble beta-glucan fibre) and chickpeas give about 9 g of fibre a serve plus plant protein, and eight different vegetables add vitamins A, C and K. Vegan, low in fat and very filling.

Diet notes: Low saturated fat (0.4 g, 2% of the energy).

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Ingredients 18 · SERVES 8

- [ ] 1 tbsp **olive oil**
- [ ] 1 medium **onion**, diced
- [ ] 2 **carrots**, thinly sliced
- [ ] 2 **celery** stalks, thinly sliced
- [ ] 225 g **mushrooms**, sliced
- [ ] 2–4 **garlic** cloves, minced
- [ ] 1.9 L **vegetable broth**
- [ ] 1 × 430 g can **chickpeas** (garbanzo beans), drained and rinsed
- [ ] 1 × 410 g can diced **tomatoes**
- [ ] 190 g **frozen cut green beans**
- [ ] 240 ml **pearled barley** (about 200 g dry)
- [ ] 1 tsp **dried basil**
- [ ] ½ tsp **dried oregano**
- [ ] 1 **bay leaf**
- [ ] 95 g **frozen peas**
- [ ] 5 g chopped **fresh parsley**
- [ ] **salt**, to taste
- [ ] **black pepper**, to taste

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Celery. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oil in a large stockpot over medium heat. Add the onion, carrots and celery with a little salt and pepper and cook about 5 minutes, until the onion is translucent. 0:33
2. Turn the heat to medium-high, add the mushrooms and cook until lightly browned. Stir in the garlic for 30 seconds. 1:08
3. Add the chickpeas, tomatoes, barley, green beans, broth, basil, oregano and bay leaf. 1:46
4. Bring to the boil, then reduce to a simmer, cover and cook for 30 minutes, until the barley is tender. 2:29
5. Stir in the peas and parsley, check the seasoning, remove the bay leaf and serve. 2:43

> **Tip** Serves 8 (our estimate). Use low-sodium broth and add salt at the end. The barley keeps absorbing liquid, so add a splash of water when reheating. Freezes well in portions.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
227 kcal	**8.7 g**	**44 g**
950 kJ	17% of a day	35 g net · 8.5 g sugars
		16% of a day

FIBRE	FAT	SODIUM
8.8 g	**3.4 g**	**1,140 mg**
31% of a day	0.4 g saturated	50% of a day
	4% of a day	

Energy from net carbs 68% · protein 17% · fat 15%

High in (20%+ of a day) Vitamin K 29% · Folate 26% · Selenium 21% · Iron 20% · Vitamin B6 20%

Source of (10–19%) Vitamin A 19% · Magnesium 16% · Vitamin C 16% · Zinc 15% · Potassium 14%

Recipe and video: Artichoke Hearts (@artichokehearts160) on YouTube — youtube.com/watch?v=YedNh54Wgw4, published 1 November 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/artichoke-hearts-vegetable-barley-soup