

Beef Barley Soup



Nutrition in disguise

- This soup includes flax seeds.
- Flax seeds contain healthy fatty acids, lignans and fibre.
- Lignans are food components that may be helpful for a variety of health conditions such as cancer.

Nutrition facts

Serving size: 1 bowl (340 mL)
Calories: 248 kcal
Protein: 18 g
Carbohydrates: 27 g
Polyunsaturated fat: 2 g
Monounsaturated fat: 3 g
Fibre: 5 g

Ingredients

1 Tbsp extra virgin olive oil
1 lb diced stewing beef, seasoned with
½ tsp salt and ½ tsp pepper
½ large sweet onion, diced
1 carrot, diced
2 celery stalks, chopped
2 tsp minced garlic
1 sweet potato, peeled and diced
1 large tomato, chopped
7 cups low-sodium beef stock
¼ cup kale or spinach powder (optional)
½ tsp ground turmeric
½ tsp smoked paprika
1 Tbsp whole grain mustard
1 Tbsp marjoram
1 Tbsp thyme
2 Tbsp chia seeds
2 Tbsp flax seeds
2 Tbsp hemp hearts
2 Tbsp barley
1 tsp salt
½ tsp pepper

Directions

1. Heat olive oil in pot over medium-high heat.
2. Add beef and cook until browned.
3. Set browned beef aside.
4. Add onion, carrot, celery, and garlic to pot.
5. Cook until soft.
6. Add remaining ingredients, including browned beef.
7. Bring to a boil.
8. Simmer for 45–60 minutes.
9. Serve hot.

