

# Three-Bean and Barley Soup

LO FAT / LO CHOL / HI FIB

PREP: 10 MIN; COOK: 20 MIN

5 SERVINGS

*Mixing grains, such as barley, with beans builds complete proteins. Grains or beans alone don't contain all the protein building blocks our bodies need. But when they are added together, we get all the benefits!*

- 1 tablespoon olive or vegetable oil
- 2 small onions, cut in half and thinly sliced
- 2 cloves garlic, finely chopped
- 1 teaspoon ground cumin
- 1 can (15 to 16 ounces) garbanzo beans, undrained
- 1 can (15 to 16 ounces) lima beans, drained
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (14 1/2 ounces) Italian-style stewed tomatoes, undrained
- 1/2 cup uncooked quick-cooking barley
- 1/2 teaspoon salt
- 3 cups water
- 2 tablespoons chopped fresh parsley

Heat oil in Dutch oven over medium-high heat. Cook onions, garlic and cumin in oil 4 to 5 minutes, stirring occasionally, until onions are tender.

Stir in remaining ingredients except parsley. Heat to boiling; reduce heat to low. Cover and simmer about 10 minutes or until lima beans are tender. Stir in parsley.

**1 Serving:** Calories 370 (Calories from Fat 55); Fat 6g (Saturated 1g); Cholesterol 0mg; Sodium 970mg; Carbohydrate 77g (Dietary Fiber 19g); Protein 21g  
**% Daily Value:** Vitamin A 4%; Vitamin C 12%; Calcium 14%; Iron 38%  
**Diet Exchanges:** 4 starch, 3 vegetable

