VEGETABLE SOUP
ACF Columbus Chapter

SERVINGS PER RECIPE: 12
SERVING SIZE: 1 cup

Ingredients:
1 can green beans, drained
1 can pinto beans
1 can corn
2 potatoes, peeled and diced
2 carrots, scrubbed, peeled and sliced thin
1 can tomatoes (do not drain)
½ cup barley
1 onion, chopped
1 zucchini, chopped
1 tablespoon oregano

Directions:
1. Put barley, onions, zucchini, and carrots in a soup pot.
2. Add water to cover plus 2 cups. Simmer until barley is tender.
3. Add canned vegetables and oregano.
4. Simmer until soup is hot. Serve.

Nutrition Facts
Serving Size (87g) Servings Per Container
Calories 180 Fat Cal. 10

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount/serving</th>
<th>%DV*</th>
<th>Amount/serving</th>
<th>%DV*</th>
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</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>1g</td>
<td>2%</td>
<td>Total Carb</td>
<td>42g</td>
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<tr>
<td>Sat. Fat</td>
<td>0g</td>
<td>0%</td>
<td>Fiber</td>
<td>2g</td>
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<tr>
<td>Trans Fat</td>
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<td>0%</td>
<td>Sugars</td>
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<tr>
<td>Cholest.</td>
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<td>12%</td>
<td>Protein</td>
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<tr>
<td>Sodium</td>
<td>120mg</td>
<td>5%</td>
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*Percent Daily Values (DV) are based on a 2,000 calorie diet.