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Vegetable Beef Barley Low Fat

A hearty and nutritious soup made with lean beef, vegetables, and barley. This low-fat recipe is perfect for a healthy and filling meal.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 60 mins

Total Time: 80 mins

Recipe Yield: 1000 grams

Number of Servings: 6

Serving Size: 166 g

Ingredients

500 g	lean beef
150 g	onion
200 g	Carrots
150 g	celery
100 g	Barley
1000 ml	beef broth

30 g	tomato paste
2 cloves	garlic
2 pieces	bay leaves
10 g	salt
5 g	black pepper
15 ml	olive oil

Directions

Step 1

Sautéing

Heat olive oil in a large pot over medium heat. Add onions, carrots, celery, and garlic. Cook until vegetables are tender, about 5 minutes.

Prep Time: 10 mins

Cook Time: 5 mins

Step 2

Sautéing

Add lean beef and cook until browned, about 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

Simmering

Add beef broth, tomato paste, bay leaves, salt, and black pepper. Bring to a boil, then reduce heat and simmer for 45 minutes.

Prep Time: 5 mins

Cook Time: 45 mins

Step 4

Simmering

Add barley and continue to simmer for an additional 15 minutes, or until barley is tender.

Prep Time: 0 mins

Cook Time: 15 mins

Step 5

Remove bay leaves and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 5 g

Protein: 20 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	10 mg	90.91%	125%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Meal Type

Breakfast Lunch Dinner Snack

Course

Snacks Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest
Passover Ramadan St. Patrick's Day Thanksgiving Christmas Easter
Halloween

Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40

Difficulty Level

Easy

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