

Barley, Cabbage and Mushroom Stew

Submitted by Tami Carlson

Nutrition:

266 calories,

4 g. fat,

8 g protein,

11 g. fiber

Serving = 1 ½ C (lunch/dinner)

3 large garlic cloves minced

1 T Canola Oil

1 large onion chopped

4 large carrots chopped

3 celery ribs chopped

2 C cabbage chopped

2 C low-sodium beef broth

1 C pearled barley, rinsed

1 ½ C sliced mushrooms (portabella's work nice)

In a large pot or Dutch oven, heat oil over medium heat and saute' onions and garlic until soft. Add cabbage, carrots and celery and stir for 5 more minutes.

Add the remaining ingredients plus two cups of water and heat just until boiling. Reduce heat and simmer for 45 minutes, stirring occasionally. You may need to add more water if the stock and water simmer off.

Hearty Minestrone Soup

Submitted by Julia Giannacopoulos

From *Forks Over Knives*

Serves 8

1 onion chopped

2-4 celery stalks, chopped

2-3 carrots chopped

1 tsp crushed garlic (up to 4)

1/2 C chopped green beans

1 ½ C chunked potatoes

1 ½ C shredded cabbage

14oz can chopped tomatoes

8oz can chickpeas, drained and rinsed

15oz can cannellini beans, drained and rinsed

1/4 C chopped fresh parsley (or a mix of your choice)

1 ½ tsp dried basil or fresh if you have it

Fresh ground black pepper

1/2 C uncooked whole wheat or brown rice pasta

Put first 4 ingredients in a large pot with 1/4 C of broth. Cook for 3 min until veggies soften. Add the remaining broth and the rest of the ingredients except the pasta. Bring to a boil, reduce the heat and cook for 40-45 min. Add the pasta, stir well and cook for 12-15 min until pasta is tender.

You can skip the cabbage or skip the beans and it still is a lovely soup. You can also substitute your fav beans. Hard to screw this soup up and kids are welcome helpers with the chopping. They love the soup with Krista's bread! I also used the roasted tomato sauce in lieu of the can of tomatoes - YUM! Your family won't miss the meat.