

# Beef Barley Soup

Category: Starters:Soups  
Master Ref:

Portion: 6 ounces

Calories	Carbs	Protein	Fat	% Cal/Fat	Chol	Sodium	Fiber/Dtry	Calcium
56 kcal	5 gm	5 gm	2 gm	26 %	9 mg	591 mg	1 gm	17 mg

Step	Ingredients	120 Servings Amount	240 Servings Amount	480 Servings Amount
1	Beef,Cooked,Cubed	3-1/2 lb	7 lb	14 lb
2	Celery,Fresh,Stalk,Sliced	3 lb	6 lb	12 lb
	Onions,Fresh,Diced	1/4 lb	8 oz	1 lb
	Carrots,Fresh,Sliced	3 lb	6 lb	12 lb
3	Parsley Flakes,Durkee	2 tbsp	1/4 cup	1/2 cup
	Sauce,Worcestershire	1/4 cup	1/2 cup	1 cup
	Garlic,Granulated,Durkee	1-1/2 tbsp	3 tbsp	1/3 cup 2 tsp
	Water	4 gal	8 gal	16 gal
	Soup Base,Beef,Dry	1 lb	2 lb	4 lb
	Barley,Uncooked	1 lb	2 lb	4 lb
4	Salt	1/2 tsp	1 tsp	2 tsp

- 1 Brown beef cubes in kettle. Drain off fat.
- 2 Add celery, onions, and carrots to beef. Saute until tender.
- 3 Add remaining ingredients. Bring to a boil. Lower heat and simmer for 1 hour.
- 4 Add salt.

Serving Temp: 180 degrees  
Serving Pan: Soup Pot Insert  
Serving Utensil: 4 oz. Ladle  
Yield: Each 120 servings = 5 gal.

# Beef Barley Soup

## Nutrition Facts

Serving Size 6 ounces (172g)

Servings Per Container 1

### Amount Per Serving

**Calories** 56      **Calories from Fat** 14

% Daily Value\*

**Total Fat** 2g      **2%**

Saturated Fat 1g      **3%**

*Trans* Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

**Cholesterol** 9mg      **3%**

**Sodium** 591mg      **25%**

**Potassium** 134mg

**Total Carbohydrate** 5g      **2%**

Dietary Fiber 1g      **5%**

Sugars 1g

**Protein** 5g      **10%**

Vitamin A 39%      • Vitamin C 2%

Calcium 2%      • Iron 2%

Thiamin 2%      • Riboflavin 2%

Niacin 7%      • Vitamin B6 6%

Folacin 2%      • Vitamin B12 4%

Phosphorus 5%      • Zinc 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:      2,000      2,500

**Total Fat**      Less than      65g      80g

**Sat Fat**      Less than      20g      25g

**Cholesterol**      Less than      300mg      300mg

**Sodium**      Less than      2400mg      2400mg

**Total Carbohydrate**      300g      375g

**Dietary Fiber**      25g      30g

Calories per gram:

Fat 9      \*      Carbohydrate 4      \*      Protein 4