

Ingredients

1 teaspoon oil

½ cup diced carrots

½ cup diced celery

1 cup diced onion

1 clove garlic, minced (½ teaspoon)

4 cups (32 ounces) no-salt-added chicken or vegetable broth

1 (15.5-ounce) can no-salt-added great northern beans, drained and rinsed

1 (14.5-ounce) can no-salt-added diced tomatoes

½ cup barley, uncooked

1 teaspoon dried oregano

1 teaspoon dried thyme

1/4 teaspoon crushed red pepper flakes

1 (10-ounce) package frozen chopped spinach, thawed

Directions

- 1. Heat a large saucepan (pot) over medium heat.
- 2. Add the oil and heat until shimmering.
- 3. Add the onion, celery, carrots, and garlic.
- 4. Sauté until the vegetables are soft, about 4-5 minutes.
- 5. Stir in the broth, beans, diced tomatoes and their liquid, barley, oregano, thyme, and crushed red pepper flakes.
- 6. Bring to a simmer and cover, stirring occasionally. Allow barley to cook and flavors to blend for about 20 minutes.
- 7. Stir in the spinach.
- 8. Continue to simmer until fully cooked, about 5 minutes.
- 9. Serve warm.

Nutrition Facts Per Serving: Calories: 230 | Total Fat: 2.5 g | Saturated Fat: 0.5 g Sodium: 220 mg | Total Carbohydrate: 42 g | Dietary Fiber: 12.5 g | Protein: 13 g

