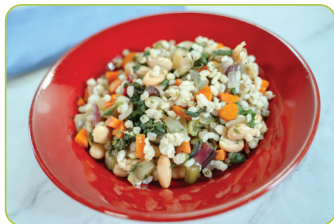


Barley, Beans, and Greens

INGREDIENTS

- 1 cup uncooked barley
- 3/4 cup fat-free, low-sodium vegetable **OR** chicken broth
- 1/2 cup chopped onion
- 1/2 cup chopped carrot
- 4 large Swiss chard leaves, tough stems discarded, tender stems sliced and greens chopped, divided use, **OR** 2 cups chopped kale, any large stems discarded
- 1 medium garlic clove, minced
- 1 15.5-ounce can no-salt-added cannellini beans **OR** other no-salt-added white beans (such as great Northern or navy beans), rinsed and drained
- 1 tablespoon plus 2 teaspoons dried parsley
- 1/4 teaspoon salt and 1/4 teaspoon pepper



SERVINGS: 4

SERVING SIZE: 1 1/2 cups

COST PER SERVING: \$1.35

CALORIES

233 Per Serving

PROTEIN

10g Per Serving

FIBER

9g Per Serving



STEP 1: Prepare the barley using the package directions, omitting the salt.



STEP 2: Meanwhile, in a large skillet, stir together the broth, onion, carrot, chard stems, and garlic.



STEP 3: Bring to a boil over medium-high heat. Boil gently for 8 minutes, stirring occasionally.



STEP 4: Stir in the chard greens. Cook, covered, for 7 minutes, stirring occasionally.



STEP 5: Stir in the beans, parsley, salt, and pepper. Cook for 2 minutes. Stir in the barley.



ENJOY!

