

Friendship Soup

You'll Need: A large pot, measuring cups and spoons, and a large stirring spoon

Preparation Time: 15 minutes

Cook Time: 50 minutes

Ingredients	Amount for 4
Dry lentils	1 cup
Pot barley	1 cup
Beef Bouillon	1-2 cubes (1-2 tablespoons)
Onion, diced	½ cup
Italian Seasoning	2 teaspoons
Ground meat	1 pound
Water	3 to 3.5 liters
Diced tomatoes	1 can (796ml)
Fresh or frozen vegetables	Any amount
Macaroni or other pasta, whole wheat	½ cup

Method:

Step 1: In a large pot, cook meat and drain fat. **Step 2:** Add all the ingredients except vegetables and pasta to a large pot and bring to a boil. Reduce heat; cover and simmer for 45 minutes. **Step 3:** Add macaroni and frozen/fresh vegetables if using – cover and bring to a boil again. **Step 4:** Simmer for 15 to 20 minutes or until macaroni, vegetables, lentils and barely are tender.

Nutrients per serving

Calories: 280 kcals

Fat: 6.0 g

Carbohydrates: 36.0 g

Protein: 21.0 g

Sodium: 360mg

Fiber: 5.0 g