



NutraFiber® Flakes™

High Fiber Tomato Barley Soup



1 tbsp vegetable oil

1 tbsp NutraFiber® Flakes™

1/2 tsp salt

1/8 tsp white pepper

What you need:

3 1/2 cups water

1 1/4 cups tomato juice

1 1/2 cups diced canned tomatoes in juice

2/3 cup frozen mixed vegetables

1/2 cup carrots, sliced

1/4 cup barley

1/4 cup celery, chopped

2 tbsp white onion, chopped

1 tbsp garlic, minced

1/3 tsp dried basil leaves, ground

1/4 tsp dried oregano leaves, ground

1 bay leaf

Instructions:

1. Add water, tomato juice, barley, basil, oregano and bay leaf into a large pot. Stir thoroughly and bring to a boil. Reduce heat to low and simmer for 45 to 55 minutes, or until barley is tender.
2. In a small saucepan over medium heat, combine the onions, celery, carrots, garlic and vegetable oil and sauté for 5 to 10 minutes, or until all vegetables are almost tender.
3. Add the sautéed vegetables, NutraFiber Flakes, diced tomato, salt and white pepper to the simmered barley soup. Simmer for 15 to 30 minutes until carrots are soft and flavors have blended.
4. Add the frozen vegetables and bring to a boil.

Nutritional Information Serving size: 1 cup (245 g)	Amount per serving
Total Carbohydrate, g	12.8
Total Fiber, g	3.1
Net Carbohydrate, g	9.7
Total Protein, g	2.0
Total Fat, g	2.2
Total Calories, kcal	72.4