Italian Vegetable Stew

Ingredients:
- 2 cups chopped onion
- 1 1/2 cups red potatoes, washed & cut into small cubes
- 15 oz. can Great Northern beans rinsed & drained
- 1/2 cup carrots, washed, peeled & sliced (~ 1 medium)
- 1/2 cup uncooked pearl barley
- 14.5 oz can stewed tomatoes undrained
- 14.5 oz can reduced sodium beef, chicken, or vegetable broth
- 3 cloves garlic, chopped OR 3 teaspoons bottled minced garlic
- 2 cups summer squash, washed & diced
- 1 cup spinach (or swiss chard), washed and chopped
- 1 tsp. dried basil
- 1/4 tsp. dried oregano
- 1/4 tsp. black pepper
- 1/2 cup grated parmesan cheese

Directions:
1. Combine onions, potatoes, beans, carrots, barley, tomatoes, broth and garlic in a large electric slow cooker. Cover with lid and cook on high for 6 hours.
2. Add squash, spinach, basil, oregano and pepper. Cover and cook on high an additional 30 minutes or until squash is tender.
3. Add water or additional broth if a thinner consistency is required.
4. Ladle into individual soup bowls and sprinkle with cheese.

Yields about 8 servings

Source: Adapted from Cooking Light Magazine by CUCE-Cayuga County

Nutrition Facts

| Amount Per Serving | Calories | Calories from Fat | % Daily Value *
|---------------------|----------|-------------------|------------------
| Total Fat           | 1.5g     | 2%                | 2%               |
| Saturated Fat       | .5g      | 3%                | 3%               |
| Trans Fat           | 0g       | 0%                | 0%               |
| Cholesterol         | 0mg      | 0%                | 0%               |
| Sodium              | 330mg    | 14%               | 14%              |
| Total Carbohydrate  | 60g      | 20%               | 20%              |
| Dietary Fiber       | 15g      | 60%               | 60%              |
| Sugars              | 6g       |                   |                  |
| Protein             | 18g      |                   |                   |
| Vitamin A           | 35%      |                   |                   |
| Vitamin C           | 30%      |                   |                   |
| Calcium             | 20%      |                   |                   |
| Iron                | 25%      |                   |                   |

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

Nutrition facts are based on a standard recipe using chicken broth, garlic cloves, spinach, and fat free parmesan cheese.

4.7% calories from fat

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Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.