

PREPARATION: 15 MINUTES | COOKING: 90 MINUTES (SLOW COOKER: 4 HOURS) | SERVINGS: 12

# COMFORTING BEEF AND BARLEY SOUP

## INGREDIENTS

2 tablespoons vegetable oil

1.3 lbs stewing beef, cubed

4 garlic cloves, chopped or pressed

1 ½ cup onion, diced (1 large)

1 teaspoon dried thyme

½ teaspoon celery seed

1 teaspoon tarragon

2 tablespoons Hungarian paprika

¾ cup celery, chopped

¾ cup carrots, chopped

¾ cup red peppers, chopped

4 cups beef broth, low-sodium\*

1 cup water

½ cup bulgur

½ cup pearly barley

¼ cup parsley, freshly chopped

\* Look for low or reduced-sodium broth containing 200mg sodium or less per 1 cup serving. Avoid low-sodium broth that contains potassium chloride—it's very high in potassium.

## PREPARATION

- 1** Dry beef cubes with a paper towel.
- 2** Heat oil in a heavy soup pot on high and brown the beef cubes on all sides, about 5 minutes.
- 3** Add garlic and onion, and continue to cook for another 5 minutes.
- 4** Add the herbs, spices, vegetables, broth and water, and bring to a boil.
- 5** Add the bulgur and the barley, reducing the temperature to minimum, and cover with a well-fitting lid. Cook for approximately 1 hour and 15 minutes or until beef is tender.
- 6** If using a slow cooker, transfer the beef to slow cooker after step 4. Add the bulgur and barley and put the setting on low, cover and cook for 4 hours.
- 7** Add ¼ cup freshly chopped parsley at the end of cooking time. Enjoy.

## SUGGESTIONS

✓ *Freeze leftover soup in portions for a quick meal when you are in a time crunch!*

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## Nutrient Analysis

PER SERVING	
½ of recipe (1 cup)	
<b>Renal/Diabetic Exchanges:</b> 1 Meat + 1 Starch + 1 Higher-Potassium Vegetable	
Calories	159
Protein	14g
Total Carbohydrate	16g
Fiber	4g
Sugars	2g
Fat	5g
Saturated	3g
Cholesterol	32mg
Sodium	230mg
Potassium	381mg
Phosphorus	168mg
Calcium	37mg
Iron	2mg
Magnesium	36mg
Vitamin C	15mg

## Diet Types

- |  |   |
|--|---|
| <input checked="" type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis         | <input checked="" type="checkbox"/> Transplant        |

## POTASSIUM CHECK ✓

### Tips for dining out kidney-friendly

Eating out should be a break from your normal routine. Planning ahead can allow you to enjoy a stress-free dining experience while staying within your recommended kidney diet goals.

**Appetizers:** Decide if you really need the extra food. If you select an appetizer, will you still be able to order the main dish you have been craving? Avoid appetizers with heavy sauces and limit the amount you eat.

**Main Course:** When choosing your main course, think of the balanced meal approach. Ideally your meal should consist of a palm-sized portion of protein with lower-potassium side dishes of a starch and vegetables. Ask for sauces to be served on the side to avoid additional calories and salt. If you are unsure of the seasonings used, ask your server for more details.

**Sweet Selections:** If you aren't full already, nearly all restaurants have a dessert menu to tempt your taste buds. Reduce potassium in desserts by sharing with your dinner company. If you prefer to have the dessert alone, choose sorbet or angel food cake with a portion of lower-potassium fresh fruit.

**Something to Sip On:** Any type of salt or concentrated sweet can signal to your brain that you are thirsty. Be mindful of the beverages on the menu and select water, tea, root beer, ginger ale or homemade lemonade as low-potassium beverages.

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