

BEEF AND BARLEY VEGETABLE SOUP

1 LB LEAN GROUND BEEF
1 MEDIUM ONION CHOPPED
8 CUPS BROTH
2/3 CUPS OF UNCOOKED BARLEY
1/2 TSP. OREGANO
1/4 TSP SALT
1/4 TSP PEPPER
16 OZ. CAN OF DICED TOMATOES WITH JUICE
16 OZ CAN OF CHOPPED TOMATOES WITH GREEN CHILLIES
1 10 OZ BAG OF FROZEN PETITE BRAND MIXED VEGETABLES

BROWN GROUND BEEF WITH ONION, ADD REMAINING INGREDIENTS, EXCEPT FOR MIXED VEGETABLES. COOK 30 MINUTES ON SIMMER. STIR IN VEGETABLES, BRING TO A BOIL, LOWER HEAT, COVER AND COOK 40 MINUTES UNTIL BARLEY IS DONE. CAN ADD EXTRA OREGANO BY TASTE...

IT'S LOW FAT... I USE LOW FAT BEEF BROTH