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## Veggie Chili with Barley

This warm, easy to make homemade soup was submitted by Erin L., a Way to Live participant.

### Ingerdients:

6 cups water

3 beef bouillon cubes (or 3 tsp instant beef bouillon) (I use 6 cups of beef broth - I found when I used low sodium, I had to add a lot of salt)

1/3 cup barley (I added 1/2 cup instead)

28 oz diced tomatoes

8 oz tomato sauce

1/4 cup ketchup

32 oz bag frozen vegetables (carrots, peas, green beans, and corn)

3 cans kidney beans, drained

1/2 onion - diced

1 pkg favorite chili seasoning

1 tsp salt

1 tsp pepper

2 bay leaves

Onion and garlic powder, to taste

Optional: 1/2 green pepper diced - 1 cup chopped celery

### Directions:

Sauté onion and celery in tbsp of olive oil. Once tender, mix all ingredients together and bring to a boil. While stirring, reduce heat. Cover and simmer for an hour, or until barley is tender.