

# Eat Smart • Move More

## Kale, Chickpea, & Barley Soup

**Prep Time:** 10 minutes

**Total Time:** 45 minutes



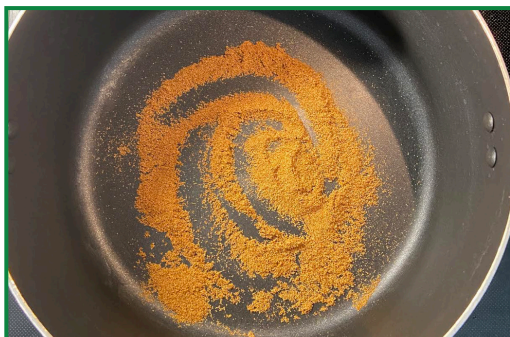
### Ingredients

2 tablespoons cumin  
2 tablespoons olive oil  
1 onion, chopped  
3 garlic cloves, minced  
½ teaspoon oregano  
½ teaspoon ground black pepper  
4 carrots, sliced  
2 tomatoes, diced  
8 cups water

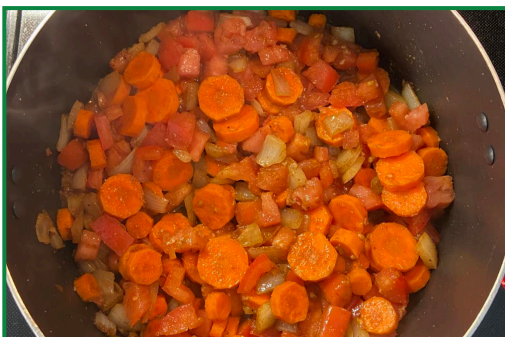
14 ounces canned low-sodium chickpeas, drained and rinsed  
⅓ cup barley  
6 low-sodium chicken bouillon cubes  
2 cups kale, torn



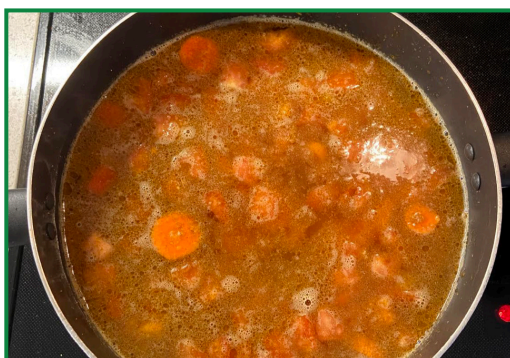
### Directions



1. Toast the cumin in a pot over medium heat for 1 minute, stirring. Add olive oil and let it get hot.



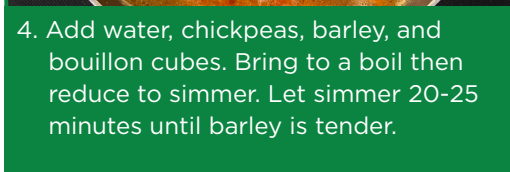
2. Add onion, garlic, oregano, and black pepper. Cook until the onion and garlic become translucent, about 2-3 minutes



3. Add carrots and tomatoes and cook until they begin to get soft, about 5 minutes.



4. Add water, chickpeas, barley, and bouillon cubes. Bring to a boil then reduce to simmer. Let simmer 20-25 minutes until barley is tender.



5. Add kale during the last 5-10 minutes of cooking. Kale should wilt during this time. Serve hot.

### Nutrition Facts

6 servings per container

**Serving size**

**1 serving**

**(446.91g)**

**Amount per serving**

**Calories**

**200**

% Daily Value\*

**Total Fat** 7g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 180mg **8%**

**Total Carbohydrate** 29g **11%**

Dietary Fiber 8g **29%**

Total Sugars 7g

Includes g of Added Sugars

**Protein** 8g

Vitamin D 0mcg **0%**

Calcium 120mg **10%**

Iron 3mg **20%**

Potassium 565mg **10%**

\*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition.

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(Recipe adapted from: <https://www.cleaneatingmag.com>.)

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