Eat Like An Athlete

Presented By Manitoba Beef Producers

Beef and Barley Soup

A great soup recipe is something everyone needs to have in their kitchen. This Beef and Barley soup recipe is packed with incredible flavour and is also loaded with the protein and iron active bodies need. This is a soup everyone is certain to enjoy.

1 tbsp (15 mL) vegetable oil

6 cup (1.5 L)   vegetables, cut in small pieces (i.e. onions, carrots, celery, rutabaga and/or potatoes)

¼ cup (50 mL) pot or pearl barley

¼ tsp (1 mL)   EACH dried thyme, dillweed and pepper

1 lb (500 g) Beef Stewing Cubes, trimmed

1 can (10 oz/284 mL) beef broth

1 bay leaf

1. Heat oil in Dutch oven over medium-high heat; brown beef cubes. Stir in vegetables, barley, broth, thyme, dillweed, pepper and bay leaf.
2. Add 4 cups (1 L) water; bring to boil. Reduce heat to simmer; cover and cook for about 2 hours or until beef and barley are tender.
3. Discard bay leaf before serving.

Recipe Courtesy of Canada Beef

Difficulty: Easy   *Preparation: 30 min*
Cooking: 2 hr   *Makes: 8 servings*

Nutritional Information
Per Serving (Calories 173, Protein 15 g, Fat 6 g, Carbohydrates 15 g, Source of iron (13% DV) and excellent source of zinc (39% DV))

Zinc ... One of Life's Little Wonders

(Information courtesy of Canada Beef) Although rarely discussed at dinner parties, zinc is an essential mineral that plays many vital roles. It's one of those micro-nutrients you body's just got to have. Here's how it contributes to your good health and how to get enough. Zinc is found in every living cell in the body and luckily, it's easy to get by choosing zinc-rich foods to eat.

What Does Zinc Do?

• Your immune system depends on zinc to help fight infections.

• Zinc promotes optimal mental development and performance

• Infants, children and teens rely on zinc for healthy growth

• Expectant mothers need more zinc for healthy pregnancies

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If You Can't Play Like An Athlete You Can Still Eat Like One!