



Nutrition Facts

Serving Size	1 bowl
Amount Per Serving	
Calories	570
% Daily Value	
Total Fat	32g49%
Saturated Fat	13g65%
Cholesterol	235mg78%
Sodium	870mg36%
Total Carbohydrate	59g20%
Dietary Fiber	11g44%
Protein	17g34%
Vitamin A	%Vitamin C
Calcium	%Iron



Total Time  
**75 MIN.**

Serving Size  
**1 BOWL**

Difficulty  
**EASY**

Yields  
**16**

Nutty whole grain barley is cooked in Harvest Butternut Squash Soup, then topped with bacon- roasted Brussels sprouts and a fried egg for a very satisfying autumn-inspired breakfast bowl.

## INGREDIENTS

	WEIGHT	MEASURE
Olive oil	1/4 cup	60 mL
Thinly sliced shallots	2 cups	500 mL
Dried thyme	2 tbsp	30 mL
Each salt and pepper, divided	2 tsp	10 mL
Campbell's Signature Harvest Butternut Squash Soup	1 pouch (8 cups/4 lb)	1 pouch (1.81 kg)
Barley	4 tsp	20 mL
Water	3 cups	750 mL
Brussels sprouts, trimmed and halved	4 lbs	2 kg
8 slices chopped thick-cut bacon 300 g	10 oz	300 g
Butter	1 cup	250 mL
Eggs		
Toasted pecans	1 cup	250 mL

## INSTRUCTIONS

1. Heat oil in large saucepan set over medium heat. Cook shallots, thyme and half of the salt and pepper for about 5 minutes or until tender. Stir in soup, barley and 3 cups (750 mL) water; bring to simmer.
  2. Cover and cook for 35 to 40 minutes or until barley is tender and most of the liquid is absorbed. Let stand for 10 minutes and fluff with fork. Hold for service. (Makes 12 cups/3 L)
  3. Preheat oven to 425°F (220°C). Toss together Brussels sprouts and bacon. Transfer to parchment paper-lined baking sheet. Roast for 20 to 25 minutes or until bacon is crispy and Brussels sprouts are tender. Hold for service.
- Serving: Melt 1 tbsp (15 mL) butter in small skillet set over medium heat. Break egg into skillet; sprinkle with a pinch of remaining salt and pepper. Cover and cook for 2 to 3 minutes or until eggs whites are just set for sunny-side up or cook to desired doneness. Spoon 3/4 cup (175 mL) barley into serving bowl. Top with 1/2 cup (125 mL) Brussels sprouts. Sprinkle with 1 tbsp (15 mL) pecans. Top with fried egg.



### Tip

- Alternatively, top each serving with a poached egg.
- For a nut-free substitute, sprinkle with toasted chickpeas, pumpkin seeds or sunflower seeds.

Recipe Tips: