



Nutrition Facts

Serving Size	1 12th recipe
Amount Per Serving	
Calories	320
% Daily Value	
Total Fat	21g32%
Saturated Fat	10g50%
Cholesterol	50mg17%
Sodium	1430mg60%
Total Carbohydrate	24g8%
Dietary Fiber	3g12%
Protein	10g20%
Vitamin A	%Vitamin C
Calcium	%Iron



Total Time
**NOT
AVAILABLE**

Serving Size
1 12TH RECIPE

Difficulty
EASY

Yields
12

INSTRUCTIONS

1. Prepare soup as directed.
2. Sauté sausage in oil for 8 to 10 minutes or until browned and cooked through.
3. Stir sausage and barley into soup; bring to simmer. Cook for 8 to 10 minutes or until heated through. Stir in spinach; cook for 3 to 5 minutes or until wilted.



Tip

For each portion, ladle 1 1/3 cups (330 mL) into bowl; garnish with 1 tsp (5 mL) parsley.