

Yogurt Barley Soup

Inspired by the traditional Armenian Tanabour soup, delicious herbs, barley and high-quality Greek-style yogurt combine to soothe and satisfy. This soup is a good source of protein, with each serving providing 10% of the Daily Value for protein plus other vitamins and minerals. Enjoy a bowl either hot or cold for a creamy, comforting delicacy.



8g OF PROTEIN
GOOD SOURCE OF PROTEIN

MARKET INSIGHTS

- Nearly 8 in 10 U.S. respondents report an interest in soups with added vitamins and minerals and soups with high fiber. Brands that help consumers get their improved nutritional content through supplemental ingredients such as these will likely resonate among consumers looking for better-for-you soups. (*Prepared Foods*, "Top Soup Trends in 2015," March 2015)
- Protein will continue to be an essential ingredient in foods and beverages due to the ability of protein to create functional protein-based products to help health-conscious consumers reach their fitness and lifestyle goals. (*Food Product Design*, "Survival Guide: Protein," March 2015)
- Some 56% of respondents who purchase soup for themselves report eating soup to satisfy hunger, which indicates that many buyers find soup filling. (*Prepared Foods*, "Top Soup Trends in 2015," March 2015)
- Protein-fortified soups have been specifically requested by aging populations. (University of Wisconsin-Milwaukee Center for Aging and Transitional Research, "2014 Seniors and Caregivers Survey," 2014)

INGREDIENTS

	Usage Levels (%)
Chicken broth, low sodium	58.05
Greek yogurt	24.00
Onion, yellow, fresh, chopped	4.48
Quick Pearled Barley, dry	4.48
Spinach, chopped, frozen	4.48
Butter, unsalted	3.62
White enriched all-purpose flour	0.58
Salt	0.26
Spearmint, dried	0.05
Total	100.00

INGREDIENTS: Low-sodium chicken broth (chicken broth, chicken flavor, cane sugar, yeast extract, onion powder, rosemary extract), Greek yogurt 2% [Grade A pasteurized skimmed milk, milk and cream, live and active yogurt cultures (*Lactobacillus bulgaricus*, *Streptococcus thermophilus*, *L. acidophilus*, *bifidus*, *L. casei*)], onion, pearled barley, spinach, butter, white enriched all-purpose flour, salt, mint leaves.

Contains: milk, wheat

BENEFITS OF USING U.S. DAIRY

Greek-style yogurt

- A functional ingredient used in products for additional nutritional value and improved flavor
- Contains important nutrients found in milk, such as protein and calcium

Butter

- Provides a delicious and authentic flavor

NUTRITIONAL CONTENT

U.S. Label

Nutrition Facts	
Serving Size 1 Cup (245g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 80
<small>% Daily Value*</small>	
Total Fat 9g	14%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 310mg	13%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 8g	10%
Vitamin A 30%	• Vitamin C 2%
Calcium 6%	• Iron 6%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
<small>Calories: 2,000 2,500</small>	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	


Per 100g

Calories	67kcal
Total Fat	4g
Saturated Fat	2g
Trans Fat	0g
Cholesterol	9mg
Total Carbohydrates	6g
Dietary Fiber	1g
Sugars	1g
Protein	3g
Calcium	26mg
Magnesium	8mg
Phosphorus	15mg
Potassium	37mg
Sodium	128mg
Iron	0mg
Vitamin A	634IU
Vitamin C	1mg

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PREPARATION

1. Melt half the butter over medium heat in a 2-quart saucepan and sauté the onion two to three minutes until transparent.
2. Add the barley and stir to coat well with butter and onion; add the chicken broth and salt and simmer for five minutes.
3. Add thawed and well-drained spinach and simmer for another five to 10 minutes, ensuring the barley is cooked. Set aside to slightly cool.
4. Melt the remaining butter over low heat and add the dried mint, cooking only one to two minutes. Set aside.
5. Whisk sifted flour into the yogurt until smooth.
6. Slowly, 1/4 cup at a time, whisk the yogurt into the barley, spinach and chicken stock mixture until thoroughly blended.
7. Blend in the mint butter and serve.

Rely on the dynamic lineup of U.S. dairy to meet consumer demands in global product development. The U.S. Dairy Export Council® (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and prototype assistance to help develop and launch your next successful product.  @ThinkUSAdairy

This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specifications needs. Developed at the Wisconsin Center for Dairy Research, University of Wisconsin-Madison. ©2015 U.S. Dairy Export Council.