

Yogurt Barley Soup

Inspired by the traditional Armenian Tanabour soup, delicious herbs and barley combine with the high-quality protein in Greek-style yogurt to soothe and satisfy. This soup is an excellent source of protein, with each serving providing 25% of the Daily Value for protein plus other vitamins and minerals. Enjoy a bowl for a creamy, comforting delicacy.



13g
OF
PROTEIN

EXCELLENT
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.¹
- Protein continues to be an essential ingredient in foods and beverages, creating functional protein-based products to help health-conscious consumers reach their fitness and lifestyle goals.²
- Some 56% of respondents who purchase soup for themselves report eating soup to satisfy hunger, which indicates that many buyers find soup filling.³
- Soup is largely consumed for its convenience and simple ingredient options. It's turning into a ready-to-eat meal or snack for many consumers. Baby boomers are the biggest snackers of any age group, which creates new marketing opportunities. Baby boomers eat ready-to-eat snack foods 20% more often than millennials, averaging about 1,200 eating occasions of snacks per person, per year compared to 1,000 for millennials.⁴

INGREDIENTS

| | Usage Levels (%) |
|---|------------------|
| Chicken broth, 33% less sodium, fat free | 37.30 |
| Greek yogurt, low-fat, plain | 23.31 |
| Water, tap | 19.09 |
| Onion, yellow, fresh, chopped | 4.35 |
| Barley, quick pearled, dry | 4.35 |
| Spinach, chopped, frozen | 4.35 |
| Butter, unsalted | 3.51 |
| Milk protein concentrate 85 | 2.18 |
| Whey permeate (dairy product solids) | 1.37 |
| Salt | 0.12 |
| Spearmint, dried | 0.07 |
| 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, milk protein concentrate, dairy product solids, salt, mint leaves.

Contains: milk

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

Milk protein concentrate 85

- Provides dairy protein and calcium
- Binds water for functional advantages and provides a complementary flavor

Whey permeate

- Provides salty characteristics, so that added salt may be reduced
- Simply labeled as dairy product solids

NUTRITIONAL CONTENT

U.S. Label

| Nutrition Facts | | | |
|--|-----------|----------------------|------------|
| Serving Size 1 cup (245g) | | | |
| Servings Per Container | | | |
| Amount Per Serving | | | |
| Calories 190 | | Calories from Fat 70 | |
| % Daily Value* | | | |
| Total Fat 8g | | | 12% |
| Saturated Fat 5g | | | 25% |
| Trans Fat 0g | | | |
| Cholesterol 20mg | | | 7% |
| Sodium 410mg | | | 17% |
| Total Carbohydrate 15g | | | 5% |
| Dietary Fiber 2g | | | 8% |
| Sugars 6g | | | |
| Protein 13g | | | 25% |
| Vitamin A 35% | | Vitamin C 4% | |
| Calcium 20% | | Iron 4% | |
| Vitamin K 50% | | Riboflavin 10% | |
| Phosphorus 20% | | | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | | | |
| | Calories: | 2,000 | 2,500 |
| 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 |
| Calories per gram: | | | |
| | Fat 9 | Carbohydrate 4 | Protein 4 |


Per 100g

| | |
|----------------------------|--------|
| Calories | 74kcal |
| Total Fat | 3g |
| Saturated Fat | 2g |
| Trans Fat | 0g |
| Cholesterol | 10mg |
| Total Carbohydrates | 6g |
| Dietary Fiber | 1g |
| Sugars | 2g |
| Protein | 5g |
| Calcium | 80mg |
| Magnesium | 9mg |
| Phosphorus | 45mg |
| Potassium | 77mg |
| Sodium | 168mg |
| Iron | 0mg |
| Vitamin A | 616IU |
| Vitamin C | 1mg |

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PREPARATION

1. Divide butter into 2 equal parts; set aside. Thaw and drain spinach in sieve, pressing out any extra liquid; set aside.
2. Melt 1/2 of butter over medium-low heat in 2-quart saucepan; sauté onion in melted butter for 3 to 5 minutes or until onions are transparent.
3. Add quick pearled barley to onions and stir just to coat well with butter and onion; add chicken broth and water and bring to boil. Reduce heat, cover half with lid and simmer for 8 to 10 minutes.
4. Remove lid and add spinach; simmer uncovered for 5 minutes or until barley is tender. Remove from heat and set aside to slightly cool.
5. Melt remaining 1/2 of butter over low heat in separate sauté pan and add dried mint; gently cook only 1 to 2 minutes, careful not to burn butter. Remove from heat and set aside.
6. Combine milk protein concentrate 85 and whey permeate. Place yogurt in stainless steel bowl, and in small batches, whisk dry dairy ingredients into yogurt until smooth.
7. Slowly, 1/4 cup at a time, whisk blended yogurt into chicken stock mixture until dissolved.
8. Stir in melted spearmint butter, season with salt and serve warm.

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¹Top Soup Trends in 2015. Prepared Foods website. <http://www.preparedfoods.com/articles/115140-top-soup-trends-in-2015>. Updated March 9, 2015. Accessed June 28, 2016.

²Food Product Design. Survival Guide: Protein. <http://www.naturalproductsinsider.com/digital-issues/2015/03/survival-guide-protein.aspx>. Published March 2015.

³Top Soup Trends in 2015. Prepared Foods website. <http://www.preparedfoods.com/articles/115140-top-soup-trends-in-2015>. Updated March 9, 2015. Accessed June 28, 2016.

⁴Changing Times in Weight Management. Food Processing website. <http://www.foodprocessing.com/articles/2016/changing-times-in-weight-management/>. Updated March 28, 2016.

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. ©2016 U.S. Dairy Export Council.