

Beef Barley Soup

Beef Barley Soup



Serves 8

Blue – 5 Points

Purple – 2 Points

Green – 5 Points

- 1 tsp olive oil
- 1 pound lean stew meat, cut into small pieces
- 1 cup celery, diced
- 1 cup carrot, diced
- 1/3 cup onion, diced
- 1 Tbsp minced garlic
- 3 Tbsp beef bouillon powder
- 8-10 cups water
- 1 large bay leaf
- 1 cup uncooked pearl barley
- 1/2 tsp pepper

1. Heat a heavy pot or dutch oven over medium heat. Add oil
2. Add beef, season with salt and brown meat on all sides
3. Once meat is brown, add carrots, celery, onion and garlic. Cook for 3-5 minutes, scraping up any brown bits from the bottom of the pot
4. Add water and bouillon and bay leaf ; bring to a boil

5. Once soup boils, reduce to a simmer and cover. Simmer about 2 hours
6. Add the barley, adjust salt and pepper
7. Simmer 35-40 minutes more. Remove bay leaf.
8. I like to measure or weigh out my soup and divide by 8. Each time I make it there is a slightly different amount due to evaporation of the water, depending on how fast or hard it boils.