



BEEF BARLEY SOUP

PREP TIME: 10 MINUTES **COOK TIME:** 55 MINUTES **TOTAL TIME:** 65 MINUTES

Ingredients

- 2 lbs chuck roast, trimmed of excess chunks of fat, cut into 3/4 -inch cubes
- 2 tbsp olive oil
- 2 cups chopped carrots (about 4)
- 1 cup chopped celery (about 3)
- 1 cup chopped yellow onion (1 large)
- 1 tbsp minced garlic (4 cloves)
- 8 cups vegetable or beef broth
- 1 tbsp Worcestershire sauce
- 1 tsp low-sodium soy sauce
- 2 tsp minced fresh rosemary, or 1/2 tsp dried
- 2 tsp minced fresh thyme, or 1/2 tsp dried
- Salt & freshly ground black pepper to taste
- 1.5 cups pot barley, rinsed
- *Optional:* top with 2 tbsp minced fresh parsley or chives

Directions

1. Heat the olive oil in a large pot over medium-high heat. Add onion & beef, adding just enough not to overcrowd. Season with salt & pepper. Let sear until golden brown on bottom, about 3 minutes then flip & cook 1 minute longer
2. Add carrots & liquids & then bring to a boil
3. Add celery, barley & spices for ~30-45 minutes. Let it simmer then reduce heat to low, cover & simmer until beef, barley & vegetables are tender
4. Enjoy

