

Beef, Barley, and Mushroom Soup

Sally and I were looking for a hearty cold-weather soup, and this is the recipe Gemini suggested from Pyper Kitchen.

Ingredients

- 1.5 lb. lean stew beef
- 1 Tbsp. olive oil
- 1 large yellow onion (1 1/2 cups diced)
- 3 carrots (1 cup diced)
- 4 celery stalks (1 1/2 cups diced)
- 8 oz. sliced cremini mushrooms
- 3 cloves of garlic
- 2 Tbsp. beef bouillon concentrate
- 1 can (14.5 oz) can of diced tomatoes
- 1/2 cup pearled barley
- 1 Tbsp. Worcestershire sauce
- 1/2 tsp. dried thyme
- 1 bay leaf
- Parsley for garnish



Equipment

- Large pot or Dutch Oven



Beef, Barley, and Mushroom Soup:

<input checked="" type="checkbox"/>	Description	Time (min)
	Dice 1 large yellow onion (1 1/2 cups)	2
	Peel and dice 2 carrots (1 cup)	2
	Dice 2 celery stalks (1 1/2 cups)	2
	Clean and slice 8 oz. of cremini mushrooms	4
	Peel and dice 3 cloves of garlic	2
	Mix 6 tsp. beef bouillon concentrate with 6 cups of hot tap water	2
	Cut stew beef into 1-inch pieces and pat dry with paper towel	3
	In a Dutch oven heat 1 Tbsp. olive oil over medium high heat and brown the beef on all sides	5
	Remove the beef and set aside	1
	Reduce heat to medium. Add onions, carrots, and celery. Sauté until the onions soften.	6
	Add the mushrooms. Sauté until they start to brown.	5
	Add the garlic and cook	1
	Return beef to the pot.	1
	Add beef broth, 2 cups water, 1 can of diced tomatoes (undrained), 1 Tbsp. Worcestershire sauce, 1/2 tsp. dried thyme, and 1 bay leaf.	3
	Bring to a boil, reduce heat, cover, and then simmer	90
	Stir in 1/2 cup of barley. Cook uncovered until barley is tender and chewy.	40
	Discard bay leaf. Serve with parsley garnish	1
	Total 2 hrs. 49 min	