Beef & Barley Soup

Table of Contents

- Beef & Barley Soup
- Ingredients:
- PREPARATION:

Beef & Barley Soup

This homemade beef barley soup is ideal for preparing in advance and freezes excellently, making it an ideal choice for a family dinner!

Ingredients:

- 9-10 cups of water
- 1/2 cup of chopped onion
- 1 cup of pearl barley
- 1 large bay leaf
- 1 pound of boneless chuck roast, cut into small pieces
- 1 1/2 cups of sliced carrots
- 1 1/2 cups of sliced celery
- 8 ounces of sliced mushrooms
- 2 tablespoons of beef base (or beef broth can be used as well, but 2 tablespoons of beef base works perfectly for this recipe)

PREPARATION:

In a pan, cook the beef to your desired level of doneness. Once cooked, transfer the beef to a crockpot. Add in the carrots, water, bay leaf, onion, celery, mushrooms, and beef base. Cook on high heat, then add the barley. Season with salt and pepper to taste and continue cooking until the beef and vegetables reach your desired level of doneness. Remove the bay leaf before serving. Enjoy your dish alongside fish crackers, chili sauce, soy sauce, and lemon!