

SOUPS

BEEF BARLEY SOUP



PREP TIME: 20 MINS



COOK TIME: 60 MINS



SERVES: 10 SERVINGS



INGREDIENTS

3 tbsp	Canola oil
½ cup	Carrot, chopped
½ cup	Celery, sliced
1	Onion, chopped
3½ cups	Beef broth
3 cups	Water
2 lbs	Stewing Beef
1 can	Tomatoes, diced
1 cup	Hulless Barley Berries
1 tsp	Salt
½ tsp	Pepper
1 tsp	Dried thyme
1	Bay leaf

DIRECTIONS

1. Heat 1 Tbsp canola oil in a large pot over medium-high heat. Dab beef dry and add 1/2 or 1/3 of beef, adding just enough not to overcrowd. Season with salt and pepper. Let sear until golden brown on bottom, about 3 minutes then flip and cook 1 minute longer.
2. Transfer beef in pot to a plate along with juices and repeat process with remaining beef adding in another 1 Tbsp oil to pot.
3. In a large pot or Dutch oven, heat remaining oil. Sauté carrots, celery and onion for 5 minutes until onion is transparent.
4. Add broth, water, roast beef, tomatoes, barley and seasonings. Bring to a boil. Reduce heat, cover, and simmer for 25 minutes, stirring occasionally.



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