



Beef Pot Barley Soup

Yield: 8-10 **Author:** Dora Entz

Prep Time: 20 Min Cook Time: 50 Min Total Time: 1 H & 10 M

This hearty dish is the perfect solution for those chilly days when you just need a good bowl of soup. It's the type of dish that can be thrown together into one pot and forgotten about until it's time to eat.

INGREDIENTS

Soup Filling

- ☐ 2 lbs ground beef
- ☐ 1 Tbsp olive oil
- ☐ 1 medium onion, sliced into small pieces
- ☐ 2 garlic cloves, minced
- ☐ 1 cup celery, sliced into small pieces

- ☐ 1/2 green bell pepper
- ☐ 2 cups carrots, sliced into half-moons
- ☐ 1 1/2 cups pearl barley
- ☐ 3 cups potatoes, diced

Soup Broth

- ☐ 8 cups beef broth
- ☐ 1/2 tsp dried thyme
- ☐ 1 tsp chilli powder
- ☐ 1/2 tsp dried basil
- ☐ 3 bay leaves
- ☐ 1 Tbsp dry parsley
- ☐ Salt and pepper to taste

INSTRUCTIONS

1. Brown the ground beef on medium-high heat in a large pot. Strain off the excess fat and set aside for now.
2. Pour in the olive oil and saute the onions and garlic until they are aromatic. This should take about 1-2 minutes.
3. Add the browned beef back into the pot, as well as the celery, bell pepper, carrots, pearl barley, and potatoes. Stir to combine.
4. Pour in the beef broth, thyme, chilli powder, basil, bay leaves, dried parsley, and salt and pepper. Stir to combine.
5. Bring the soup to a boil, then turn the heat down to medium/low until pearl barley is soft. This usually takes 50 minutes.