



# Beef & Barley Soup

Source: Skinnytaste

## INGREDIENTS

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1 tsp oil  
1 1/2 lbs lean beef round stew meat  
1 cup chopped carrots  
1 cup chopped onions  
1/2 cup chopped celery  
2 cloves garlic, chopped  
6 cups water  
1 tsp salt  
2 bay leaves  
2/3 cup dry barley  
fresh ground pepper

## DIRECTIONS

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Heat a large pot or dutch oven on medium heat. Add oil and beef, and brown meat a few minutes. When meat is browned, add carrots, onion, celery and garlic to the pot and give it a good stir. Add water, salt and bay leaves and bring to a boil. When boiling, reduce heat to low and cover. Simmer covered over low heat until the meat is soft, about 1 1/2 - 2 hours. Add the barley and fresh ground pepper. Simmer an additional 30-35 minutes, remove bay leaves and serve. Internal temperature of soup should reach 160 degrees.

**Pressure cooker instructions:** Follow all the steps with the meat and carrots as instructed above, when you add the water; cover and lock the lid. Cook in the pressure cooker for 30 - 35 minutes. Manually release the steam, when finished, open the lid and add barley. Cook an additional 30 minutes uncovered. Internal temperature of soup should reach 160 degrees.

## NUTRITION FACTS (Makes 5 servings)

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Serving Size: 1 1/2 cups; Calories: 336; Fat: 11g; Carbs: 27g; Fiber: 6g; Protein: 32g; Sugar: 1.5g; Sodium: 453mg



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