



Beef Barley Soup

An old-fashioned beef barley soup loaded the tender chunks of beef

Ingredients:

1.5 lbs chuck roast $\frac{1}{2}$ - $\frac{3}{4}$ inch cubes trimmed of excess fat
3 tablespoon olive oil
1 cups carrots medium dice
1 cup celery medium dice
2 cups onion medium dice
4 tablespoon tomato paste
2 tablespoon minced garlic
8 cups beef broth
1 tablespoon Worcestershire sauce
1 tablespoon fresh thyme finely minced or 1 teaspoon dried 1 bay leaf
1 teaspoon salt to taste
 $\frac{1}{4}$ teaspoon black pepper to taste
1 cup pearl barley
2 tablespoon Italian parsley finely minced

Directions:

1. Add two tablespoons of olive to a large pot over medium-high heat, then add the beef chunks to the pot in a single layer. Season with salt and pepper.
2. Cook the beef for 3-4 minutes on each side, then remove the beef and juices from the pan and set them aside until needed.
3. Add another tablespoon of olive oil to the same pot the beef was cooked in over medium-high heat. Then add the carrots, celery, and onion to the pot and cook for 3-4 minutes.
4. Add the garlic and tomato paste to the cooked vegetables and mix well. Cook for 1-2 minutes.
5. Remove the pot from the heat and use a large spoon to scrape all the browned bits that have stuck to the bottom of the pan. To make this soup in a slow cooker, follow the recipe as written. Cook the soup on low for 6-8 hours or on high for 3-4 hours. To use an Instant Pot, use the sauté function to brown the beef and cook the vegetables, then cook the soup on high pressure for 25 minutes, followed by a natural pressure release.