

September 5, 2018 Beef Barley Soup

Ingredients:

1 Tbsp. olive oil
1 onion, chopped
1 tsp. minced garlic
2 carrots, sliced
1 stalk celery, sliced
2 c. cooked ground beef (browned and drained)
6 c. beef broth
1 15-oz. can petit diced tomatoes
½ green pepper, diced
2/3 c. uncooked barley
1 Tbsp. Worcestershire sauce
1 pkg. beef gravy mix
1 bay leaf
2 Tbsp. dried parsley
Salt and Pepper to taste

Directions:

1. Brown ground beef, drain and rinse and set aside, keeping warm.
2. In a stock pot, cook onions and garlic in oil over medium heat until onions are clear and softened.
3. Add beef and remaining ingredients and bring to boil. Reduce heat and simmer covered about 40-50 minutes or until barley is cooked.
4. Remove bay leaf and serve.

*If soup thickens upon cooling, add extra broth or water to reach desired consistency.
Yields 8 servings.*

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under the Farm tab at westcentralmo.info.***

