JANE SMITH LIFESTYLE

Beef & Barley Soup

Prep: 15 min | Cook: 7-8 hours (low) or 4-5 hours (high) | Serves: 6



This is a soup for a long, slow afternoon at home. Tender beef, hearty barley, and vegetables simmer together until everything's rich and deeply flavored.

Ingredients

- 1 lb beef stew meat
- 6 cups beef broth
- 1 cup pearl barley
- 2 carrots, sliced
- 2 celery stalks, sliced
- 1 small onion, diced
- 3 garlic cloves, minced
- 1 tsp dried thyme
- 1 tsp Worcestershire sauce
- 1 bay leaf
- Salt & pepper, to taste

Directions

1. Add all ingredients to the slow cooker.
2. Cook on low 7-8 hours or high 4-5 hours.
3. Remove the bay leaf and season to taste before serving.

Jane's Note

The barley keeps thickening the longer the soup sits, so add a splash of broth when you reheat leftovers.

This is one of my favorite soups to have going on a weekend when I'm home most of the day anyway.

Storage: Refrigerate in an airtight container for up to 4 days; the soup thickens as it sits, so thin with extra broth when reheating.

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