



Hearty beef, barley & vegetable soup# (H)

Serving: 5

Veg

Ingredients

- 1½ lb [680 g] well-marbled beef chuck, trimmed of excess fat and cut into 1-in [2.5-cm] cubes
- ½ tsp freshly ground black pepper
- 1½ tsp salt
- 2 Tbsp vegetable oil
- 1½ cups [175 g] chopped yellow onions
- 1 large celery stalk, thinly sliced
- 3 garlic cloves, roughly chopped
- 1% Tbsp tomato paste
- Season the beef with the pepper and 1 teaspoon of the salt.
- 8 cups [2 L] low-sodium beef broth
- 1½ cups [360 ml] water
- 2 bay leaves
- 1 Tbsp fresh thyme leaves
- roughly chopped (or ½ tsp dried thyme)
- 1½ tsp sugar
- 1 cup [150 g] pearl barley
- 3 large carrots, peeled and cut into ¾-in [1.5-cm] rounds
- ½ cup chopped Italian. parsley, for garnish

Preparation Method

- In a large (6-qt [6-L]) Dutch oven or soup pot, heat 1 tablespoon of the oil over medium-high heat. Add half of the beef and sear, with out turning, until browned on one side, about 5 minutes (see Pro Tip). Transfer the partially browned beef to a plate. Add the remaining tablespoon of oil and the remaining beef. Sear in the same manner, and then transfer to the plate
- Lower the heat to medium-low and add the onions, celery, and garlic. Cook, stirring frequently and scraping the brown bits off the bottom of the pot, until the vegetables are soft, about 5 minutes. Do not brown; lower the heat if necessary. (If the brown bits don't release from the bottom of the pan, help them along by adding 1 to 2 tablespoons water.)
- Stir in the tomato paste. Add the partially browned beef (along with any juices), wine, broth, water, bay leaves, thyme, sugar, and remaining ½ teaspoon of salt to the pot; bring to a boil. Reduce the heat to low. Cover and simmer for 2 hours.
- Remove and discard the bay leaves. Add the barley and carrots and simmer, covered, until the carrots and barley are cooked and the beef is tender, about 1 hour more. Taste and adjust the seasoning, if necessary. I usually add a bit more salt, pepper, and sugar, but it depends on the beef broth you use.) If you like a thicker soup, simmer, uncovered, until the desired consistency is reached. For a thinner soup, add a little water. (Note: The soup might seem too
- **MAKE AHEAD:** This soup keeps nicely in the fridge for up to 3 days, and can be frozen for up to 1 months,

However, as it chills, the barley will absorb most of the broth. When you reheat it, add some water to reconstitute it just keep in mind that you'll need to re-season it with salt and pepper as well.