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|  | **Ingredients** | **Step** |
| Beef Barley Soup | 1 pound  lean **ground beef** (15% fat or less)  1 large **carrot**, diced, about 1 cup  1 small **onion**, diced, about 1 cup  2 stalk **celery**, diced, about 1 cup  2 cloves  **garlic**, finely chopped or 1/2 teaspoon garlic powder  8 cups  **water**  2 teaspoons  **beef bouillon**  1 can  (14.5 ounce) diced **tomatoes** with juice  1 cup  uncooked **barley**  1⁄2 teaspoon  **pepper** | 1. In large sauce pot, cook ground beef over medium heat. Drain fat. 2. Add carrots, onion, celery, and garlic; stir often and cook for about 5 minutes. 3. Add 8 cups of water, bouillon, tomatoes with juice, barley, and pepper. Bring to a boil. 4. Cover and reduce heat to a low boil. Cook for about 30 minutes or until barley is as tender as you like it. 5. Serve immediately. 6. Refrigerate leftovers within 2 hours. |