

Beef and Barley Soup

A delicious beef and vegetable soup to warm you deep from within.

Let this soup simmer on your stove and the whole house starts to smell warm and inviting. A delicious cold weather meal! Barley gives this soup some heartiness or, if you are gluten free, use rice! It's delicious either way!



You can add any vegetable that you'd like, fresh or frozen. I used frozen because I'm, well, the lazy gastronome!

Pretty simple to make too!

Here's how you do it:

First cook the beef. Put it in a kettle with 2 cups of broth and simmer for 30 – 45 minutes – until the it's semi-tender.

Next, add the remaining broth, the tomatoes and barley and simmer for 1 hour, until the barley and the beef are tender. The room will start to smell warm and savory! You can keep it warm on the stove as long as you want – or until you're ready

to eat.

Make sure you add the frozen vegetables last and cook only until heated through. Add salt and pepper to taste.

Serve this soup up hot and steamy with some warm bread on the side.

Makes approximately 4 servings.



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Let this soup simmer on your stove and the whole house starts to smell warm and inviting. A delicious cold weather meal!

- 3/4 pound beef sirloin, (cut into cubes)
- 4 cups beef broth
- 1 14 oz. can fire roasted tomatoes

- 1/4 cup pearl barley ((rice to make it gluten free))
- 1 cup frozen, mixed vegetables
- salt and pepper to taste

1. Put the beef in a kettle with 2 cups of broth and simmer for 30 – 45 minutes – until the beef is semi-tender.
2. Add the remaining broth, the tomatoes and barley and simmer for 1 hour, until the barley and the beef are tender.
3. Add the frozen vegetables and cook until heated through. Add salt and pepper to taste.
4. Serve hot with warm bread. Makes approximately 4 servings.

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Below are some of the items we used to create this recipe!

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