

Beef and Barley Soup

Adapted from Food Hero

Makes 6-8 servings

Ingredients

- 1 large carrot
- 1 small onion
- 2 stalks celery
- 2 cloves garlic
- 1 tablespoon oil
- 1 pound ground beef
- 8 cups beef broth
- 1 can (14.5 ounce) diced tomatoes with juice
- 1 cup pearl barley
- 1 teaspoon salt
- 1/2 teaspoon pepper



Photo credit: Spend with Pennies website

Instructions

Dice the carrot, onion, and celery. Mince garlic. Set aside.

Heat oil in a large pot over medium heat, cook ground beef until browned and drain excess fat.

Add carrot, onion, celery, and garlic. Cook for about 5 minutes, stirring often.

Add broth, tomatoes with juice, barley, salt, and pepper. Bring to a boil.

Cover and reduce heat to simmer. Cook for 45-60 minutes or until barley is as tender as you like it. Serve warm.

Notes:

To make this recipe gluten free, swap out the barley for an alternative grain, such as rice or quinoa, and adjust cooking times accordingly.