

BEEF + BARLEY SOUP

Ingredients

1 Tbsp olive oil	1 cup dried barley
1 large sweet onion, chopped	1 Tbsp fresh thyme leaves (or 1 tsp dried)
2 cups sliced carrots	1 Tbsp fresh chopped rosemary (or 1 tsp dried)
2 cups sliced celery	
4 garlic cloves, minced	½ tsp crushed red pepper
2 ½ - 3 lbs. beef chuck roast	½ tsp salt, plus more to taste
12 cups beef broth	Ground black pepper, to taste
1 can (15 oz) diced fire-roasted tomatoes	

Directions

1. Heat the olive oil over medium heat in a large sauce pot. Add the onions and saute for 2 to 3 minutes.
2. Stir in the carrots, celery, and garlic and cook for 3 to 5 minutes.
3. Cut the beef into small, 1/2-inch chunks. Push the cooked vegetables to the side and add the beef to the pot. Brown for 5 minutes, stirring once or twice.
4. Then add the broth, tomatoes, barley, thyme, rosemary, crushed red pepper, and salt. Stir well to combine.
5. Cover the pot and bring to a boil. Then lower the heat and simmer for about 30 minutes, until the barley is cooked and the beef is tender, stirring occasionally.
6. Add salt and pepper to taste. Serve hot.