

Beef Barley Soup

LOVINGLY SHARED FROM THE ROTARY HOSPICE KITCHEN



INGREDIENTS

2 tbsp olive oil
1 lb cubed beef
1 cup barley, rinsed
1 large onion, diced
2 carrots, sliced/diced
2 stalks celery, diced
3 garlic cloves
8 cups beef broth
1 can tomatoes with juice
1 tsp thyme
2 bay leaves
Salt and pepper to taste
1 package beef gravy mix

DIRECTIONS

1. Cook beef in olive oil, 5-7 minutes on sauté. Remove.
2. Sauté vegetables for 5 minutes. Add garlic and thyme, cook for 1 minute.
3. Add remaining ingredients and simmer until barley is soft.
4. Add a pack of beef gravy mix. Stir until thickened.

*If cooking in an Instant Pot, pressure cook for 15-20 minutes / quick release after 10 – 20 minutes