Good Food Brings People Together

Bubbie's Space

Simple Recipes ♥ Bold Flavors ♥ Made with Love

Bubbie's BEEF BARLEY SOUP

Hearty ♥ Nourishing ♥ Always a Favorite!

A rich and comforting soup filled with tender beef, pearl barley, vegetables, and savory herbs. Simple to make and absolutely delicious!

PREP TIME	COOK TIME	SERVINGS
15 MIN	60 MIN	6–8

♥ INGREDIENTS ♥

- 1 ½ lbs beef stew meat, cubed
- 2 tbsp olive oil
- 1 small onion, diced
- 3 carrots, sliced
- 2 celery stalks, sliced
- 3 cloves garlic, minced
- 8 oz mushrooms, sliced
- 8 cups beef broth
- ¾ cup pearl barley, rinsed
- 1 can (14.5 oz) diced tomatoes
- 1 tbsp tomato paste
- 1 tbsp Worcestershire sauce
- 1 bay leaf
- 1 tsp dried thyme
- 1 tsp dried rosemary
- 1 tsp dried parsley
- Salt & black pepper to taste



♥ INSTRUCTIONS ♥

1. Heat olive oil in a large pot or Dutch oven over medium-high heat. Brown the beef in batches. Remove and set aside.
2. In the same pot, add onion, carrots, celery, and mushrooms. Cook for 5–7 minutes until softened. Add garlic and cook for 1 minute.
3. Return the beef to the pot. Stir in beef broth, diced tomatoes, tomato paste, Worcestershire sauce, bay leaf, thyme, rosemary, parsley, salt, and pepper.
4. Bring to a boil, then reduce heat. Cover and simmer for 50–60 minutes, or until the beef is tender.
5. Add the rinsed barley and continue to simmer for 25–30 minutes, or until the barley is tender.
6. Taste and adjust seasoning as needed.
7. Serve hot and enjoy!

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