



Beef & Barley Soup



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Ingredients

- 1 onion, large, peeled
- 3 cloves garlic and chopped finely
- 2 stalks celery
- 500g beef, chuck steak, fully-trimmed
- 25ml olive oil
- 150g pearl barley, washed
- 1.5L beef stock, salt reduced
- 750ml water
- 1 bay leaf
- 1 sprig rosemary, fresh
- 1 sprig thyme, fresh
- 1 turnip, unpeeled
- 1 parsnip, unpeeled
- 1 sweet potato, small, unpeeled
- 2 potatoes, medium, unpeeled
- 2 carrots, medium, unpeeled
- 1 zucchini, medium, unpeeled
- 100g Green beans
- 15g parsley, continental, chopped finely

Nutrients-

Kj	492.2
Carbs (g)	10.1
Protein (g)	9.0
Fat (g)	3.9
Saturated fat (g)	1.1
Sugars (g)	2.3
Fibre (g)	2.7

Preparation

1. Cut steak into cubes and cube all vegetables.
2. Heat half the oil in a large stockpot; cook beef in batches until browned. Remove.
3. Heat remaining oil in same pot; cook garlic, onion and celery until onion softens.
4. Return beef to the pan with barley, stock, water, bay leaf, rosemary, and thyme. Bring to a boil. Reduce heat and simmer, covered for about 30 minutes.
5. Then add turnip and parsnips. Simmer again for another 30 minutes.
6. Add potato and carrot to the soup, stir and simmer for a further 10 minutes, then add the zucchini and green beans and simmer for 5 more minutes or until all the vegetables are cooked and the beef is tender.
7. Serve in bowls, sprinkled with parsley.