



NUTRITION CONSULTING INC.

Beef & Barley Soup

You can use Beef Simmering Steak instead of Stewing Cubes in this recipe, if you like. Trim the steak and cut into 1-inch (2.5 cm) cubes.

Recipe courtesy of Canadian Beef - www.makeitbeef.ca

Makes 8 servings

Prep: 30 min. **Cook:** 2 hr.

What you need:

1 tbsp (15 mL)	Vegetable oil
1 lb (500g)	Beef Stewing Cubes, trimmed
6 cups (1.5 L)	Vegetables, cut in small pieces (ie. onions, carrots, celery, rutabaga, and/or potatoes)
¼ cup (50 mL)	Pot or pearly barley
1 can (284 mL)	Beef broth
¼ tsp (1 mL)	EACH dried thyme, dillweed, and pepper
1	Bay leaf



How you prepare:

1. **Heat** oil in Dutch oven over medium-high heat; brown beef cubes. Stir in vegetables, barley, broth, thyme, dillweed, pepper and bay leaf.
2. **Add** 4 cups (1 L) water; bring to boil. Reduce heat to simmer; cover and cook for about 2 hours or until beef and barley are tender.
3. **Discard** bay leaf before serving.

Per serving:

Calories: 173

Carbohydrates: 15 g

Protein: 15 g

Fat: 6 g

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