

EVERYTHING HERBAL

by Cheryl Jabz

Bubbie's Beef Barley Soup

Rustic Recipe

A rich, hearty soup filled with tender beef, pearl barley, vegetables, and savory herbs.

1 INGREDIENTS

- 1½ 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

2 HERBS & SEASONING

- 1 tsp dried thyme
- 1 tsp dried rosemary, crushed
- 1 tsp dried parsley
- 1 bay leaf
- Salt and black pepper to taste

3 INSTRUCTIONS

1. Heat olive oil in a large pot. Brown beef in batches; remove and set aside.
2. Add onion, carrots, celery, mushrooms, and garlic. Sauté until softened.
3. Return beef to the pot. Stir in broth, barley, tomatoes, tomato paste, Worcestershire sauce, and seasonings.
4. Bring to a boil, then reduce heat. Cover and simmer 50–60 minutes.
5. Cook until the beef and barley are tender, adding broth if needed.
6. Remove bay leaf, taste, and adjust seasoning. Serve warm.

4 OPTIONAL TOPPINGS

- Fresh parsley
- Extra cracked pepper
- Grated Parmesan
- Crusty bread on the side

5 HERBAL TIP

Add fresh thyme or parsley just before serving for bright garden-fresh flavor.



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