

Beef and Barley Soup

Ingredients

- Olive oil cooking spray
- 3/4 lb beef stew meat, trimmed and cut into 1-inch pieces
- 1 T olive oil
- 2 cups chopped leek (about 4 medium)
- 2 cups chopped carrot
- 4 garlic cloves, minced
- 8 cups low-sodium beef or chicken broth
- 1 tsp dried thyme
- 1/2 tsp freshly ground black pepper
- 4 bay leaves
- 1 cup uncooked pearl barley



Nutrition Facts

Yield 6 servings

Amount Per Serving

Calories 320

Fat 7g

Saturated Fat 2g

Directions

Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray. Add beef; cook until browned on all sides, about 5 minutes. Transfer to a plate and set aside. Heat oil in same pan over medium-high heat. Add leek, carrot and garlic. Saute 4 minutes or until lightly browned.

Return beef to pan. Add broth, thyme, pepper and bay leaves. Bring to a boil. Cover, reduce heat and simmer 45 minutes. Add barley; cook another 30 to 45 minutes or until beef and barley are tender. Discard bay leaves. Add water or more broth if too thick.

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