

# BEEF BARLEY SOUP

PREP TIME: ~9-12 HOURS (MOSTLY PASSIVE)

---

## ***Ingredients:***

beef soup bone from local butcher  
cooked beef (if not enough comes off the bone)  
onion  
minced garlic  
celery  
carrots  
1 can of diced tomatoes  
dry barley (usually 1/2 - 1 cup)  
Worcestershire sauce  
dried thyme, parsley, & bay leaf  
package of beef gravy mix  
salt & pepper

## ***Directions:***

In a large pot, add the soup bone and enough water to submerge it. Add a halved onion and the celery tops to the pot, along with some salt and pepper. Simmer on low/medium heat for at least 6 hours (can be longer if you have the time). You may have to add water periodically as some will evaporate. Strain the broth from the bone into another pot. Pick any meat off the bone before discarding it.

If there was a lot of meat on the bone, you may not need to add any additional meat.

Add all of the remaining ingredients to the pot with the broth. Be sure to dice the carrots and celery. Flavour with Worcestershire sauce, thyme, parsley, salt and pepper as desired. Simmer until the veggies and barley are soft. Be sure to remove the bay leaf!