

Choco Fever Dream

Beef Barley Soup – Hearty & Comforting

20 min Prep time	**1 h 30 min** Cook time	**1 h 50 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 lbs beef chuck, cut into 1-inch cubes
- [ ] 1 cup pearl barley
- [ ] 2 carrots, sliced into rounds
- [ ] 2 stalks celery, diced
- [ ] 1 onion, finely chopped
- [ ] 3 cloves garlic, minced
- [ ] 6 cups beef broth
- [ ] 2 tbsp olive oil
- [ ] 1 tsp dried thyme
- [ ] 1 bay leaf
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Heat olive oil in a large pot over medium-high heat. Add beef cubes in batches, searing until browned on all sides. Remove and set aside.
2. In the same pot, add onion, carrot, and celery. Sauté until vegetables soften and the onion turns translucent, about 5 minutes.
3. Stir in garlic, thyme, and bay leaf; cook for 1 minute until fragrant.
4. Return beef to the pot, pour in beef broth, and bring to a gentle boil. Skim any foam that rises to the surface.
5. Add barley, reduce heat to low, and simmer uncovered for 1 to 1½ hours, stirring occasionally, until beef is tender and barley is cooked through.
6. Season with salt and pepper, remove bay leaf, and let the soup rest a few minutes before serving.

Nutrition per serving

420 kcal	30 g	35 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the soup thickens too much, add a splash more broth or water.
- For deeper flavor, make the broth a day ahead and reheat gently.
- A final drizzle of olive oil adds a silky finish.