

Choco Fever Dream

Slow Cooker Hearty Beef and Barley Soup

15 min Prep time	**8 h** Cook time	**8 h 15 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 lbs beef chuck, cut into 1-inch cubes
- [ ] 1 cup pearl barley, rinsed
- [ ] 3 carrots, peeled and diced
- [ ] 2 celery stalks, diced
- [ ] 1 large onion, chopped
- [ ] 3 garlic cloves, minced
- [ ] 4 cups low-sodium beef broth
- [ ] 2 cups water
- [ ] 2 tsp fresh thyme leaves
- [ ] 1 bay leaf
- [ ] 2 tbsp olive oil
- [ ] Salt and pepper to taste

Instructions

1. Season the beef with salt and pepper, then brown in a skillet with olive oil until golden; this adds a rich base.
2. Transfer the beef to the slow cooker, then add carrots, celery, onion, garlic, barley, broth, water, thyme, and bay leaf.
3. Set the slow cooker to low and cook for 7-8 hours, or until the beef is fork-tender and the barley is soft.
4. Before serving, remove the bay leaf, taste, and adjust seasoning with more salt or pepper if needed.
5. Ladle into bowls, drizzle a tiny bit of olive oil, and garnish with a sprinkle of fresh thyme if desired.

Nutrition per serving

420 kcal	35 g	35 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the soup becomes too thick, add a splash more broth or water.
- For a deeper flavor, brown the vegetables briefly before adding them to the slow cooker.
- Leftovers taste even better the next day as the flavors continue to meld.