**Beef Barley Soup**

The fragrance of this soup brings back memories of my childhood. I can remember coming into our kitchen, cold and tired after a long ride on my bay quarter horse Traveler, and sitting down at the table with my family. I so enjoyed the flavors of this nourishing soup. I have adapted it for a slow cooker, which shortens the time, but doesn’t change the flavor.

Let us know if you try out this recipe and let us know what you think!

*Recipe submitted by: Nancy Rogers, MS, RDN*

*Recipe from: Nancy’s Home Recipes*

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**My Recipe Notes:**

A tasty variation is to top this soup with dumplings. They cook while the vegetables are simmering (not included in the nutritional analysis).

- 2 cups unbleached flour
- 1 cup milk (1% preferred)
- 1 egg
- 1 tsp. baking powder
- ½ tsp. salt

In a bowl, beat the egg with a wire whisk. Add the milk, baking powder and salt and stir well. Add the flour by ½ cups until you have a batter that is a little thicker than cake batter. Drop by teaspoons on to the boiling soup. Cover, reduce heat, and simmer for 15 minutes.
**Healthy Recipe of the Month: March 2006**

**Beef Barley Soup**

Serves: Makes 12 cups  
Cook time: 90 minutes, or 8-10 hours in a slow cooker  
Ready in 90 minutes

**Ingredients**

- Around 2lbs beef, round steak or stew meat cut into 1” to 2” cubes, removing visible fat
- ½ cup flour
- 1 tsp garlic salt
- 2 Tbsp canola or peanut oil
- 2 quarts water
- ¼ cup fresh parsley, chopped
- 1/2 tsp thyme
- 1/2 tsp marjoram
- 1 bay leaf
- 8-10 peppercorns
- 1 tsp apple cider vinegar
- 5 whole cloves (the spice, not garlic)
- 1 tsp salt, or to taste
- ½ cup dried barley
- ½ cup diced celery
- 1 cup thinly sliced cabbage
- 1 large onion, grated or finely chopped
- 2 carrots, grated or finely chopped
- 28 oz can diced tomatoes

**Directions**

1. Place meat, flour, and garlic salt in a paper bag and shake to coat.
2. Place in large pot with about 2 tbsp of canola oil and brown the meat.
3. Place meat in a slow cooker, add the water, spices/herbs, barley, and cook on low for 8-10 hours, (or simmer for 2-3 hours on the stove).
4. When you get home from work, place beef and broth in a large pot on the stove and add the vegetables.
5. Simmer 30 minutes or until vegetables are soft. You can add dumplings if desired (see My Recipe Notes).