

Beef Barley Vegetable Soup

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Rated: ★★★★★

Submitted By: MARGOC

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Prep Time: 20 Minutes

Cook Time: 5 Hours 30
Minutes

Ready In: 5 Hours 50
Minutes

Servings: 10

"A chuck roast is cooked with barley and bay leaf in a slow cooker before it is cubed and added to a soup pot of simmering vegetables in a beef broth."

INGREDIENTS:

1 (3 pound) beef chuck roast	4 cups water
1/2 cup barley	4 cubes beef bouillon cube
1 bay leaf	1 tablespoon white sugar
2 tablespoons oil	1/4 teaspoon ground black pepper
3 carrots, chopped	1 (28 ounce) can chopped stewed tomatoes
3 stalks celery, chopped	salt to taste
1 onion, chopped	ground black pepper to taste
1 (16 ounce) package frozen mixed vegetables	

DIRECTIONS:

1. In a slow cooker, cook chuck roast until very tender (usually 4 to 5 hours on High, but can vary with different slow cookers). Add barley and bay leaf during the last hour of cooking. Remove meat, and chop into bite-size pieces. Discard bay leaf. Set beef, broth, and barley aside.
2. Heat oil in a large stock pot over medium-high heat. Saute carrots, celery, onion, and frozen mixed vegetables until tender. Add water, beef bouillon cubes, sugar, 1/4 teaspoon pepper, chopped stewed tomatoes, and beef/barley mixture. Bring to boil, reduce heat, and simmer 10 to 20 minutes. Season with additional salt and pepper to taste.

Nutrition Information

Servings Per Recipe: 10
Calories: 321

Amount Per Serving

Total Fat: 17.3g

Cholesterol: 62mg

Sodium: 603mg

Amount Per Serving

Total Carbs: 22.4g

Dietary Fiber: 5.1g

Protein: 20g

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