

Hearty Beef and Barley Soup

The ultimate in healthy, hearty flavor

Grass fed beef and barley soup is an old-fashioned classic favorite that the whole family will love. While not the quickest and easiest recipe we have, the effort is so worth it. Here we refer back to our other recipe for **grass fed beef stock**.

Beef Stock

Make **grass fed beef stock** with Diamond F Brand 100% **grass fed beef soup bones** or use the stock left over from a Diamond F Brand grass fed beef **slow cooked roast**.

Pre cook barley:

Place 1 part barley to 2 parts water with a pinch of salt in sauce pan and bring to a hard boil. Cover and reduce heat to simmer/low and let cook for another hour.

Grass Fed Beef and Barley Soup

An old time classic.

Name: **Grass Fed Beef and Barley Soup**

Description: An old-fashioned classic favorite, barley compliments beef like no other grain.

Ingredients:

- 2 Quarts **homemade Grass Fed Beef stock**
- 2 C Organic, hulled barley, cooked
- 1/4 C Extra virgin organic olive oil
- 6 Stocks celery chopped (including leaves)
- 6 Large carrots quartered and sliced 1/4" thick
- 2 Medium onions finely diced
- 3 Medium cloves garlic finely diced
- 1 Tube (1.5 pounds) **Diamond F Brand ground beef**
- 1 Large package organic frozen peas
- 2 Tsp ground celery seed
- 2 Tsp thyme
- 3 Tbs dried parsley
- 2 Tsp Chervil
- Salt and pepper to taste

Directions:

- Make **homemade Grass Fed Beef stock**
- Cook barley
- Heat beef stock in large stock pot
- Sauté onions, garlic, celery, and carrots in olive oil
- Brown ground beef
- Add sautéed vegetables and browned ground beef to hot beef stock
- Add cooked barley
- Add seasonings
- Add frozen peas 15 minutes before serving