

# Beef Barley Soup

*Makes 2 quarts*

1 pound sirloin beef, trimmed and cut into 1-inch pieces

1 Tablespoon flour

1 teaspoon salt

1 teaspoon canola oil

1 1/2 cups chopped leeks (light part only)

1 1/2 cups chopped carrot

2 garlic cloves, minced

2 cups water

1 teaspoons salt

1 teaspoon dried thyme

1/2 teaspoon freshly ground black pepper

2 large bay leaves

32 oz beef broth

3/4 cup uncooked pearl barley

## **Directions:**

1. In a large bowl toss together beef, flour and salt. In a sauté pan heat 1 teaspoon oil over medium heat. Brown meat in the sauté pan. Using a slotted spoon remove meat from pan.
2. Add 1 teaspoon oil to the empty pan. Add leek, carrot, and garlic; sauté 5 minutes or until lightly browned. Return beef to the pan.
3. Add water, 1 teaspoon salt, thyme, pepper, bay leaves and broth. Bring to a boil. Cover, reduce heat, and simmer 30 minutes.
4. Add barley; cook 30 minutes or until beef and barley are tender. Discard bay leaves and reseason with salt as needed.