

Classic Beef And Barley Soup

Try this classic recipe today. Beef Cross Rib Roast is slow-cooked with barley and vegetables for a delicious soup that will feed a crowd.

INGREDIENTS

1 beef Cross Rib Roast, Chuck Arm Roast or Chuck Shoulder Roast, cut into 3/4-inch pieces (about 2 pounds)

1 tablespoon vegetable oil

1 teaspoon pepper

1/2 teaspoon salt

2 cups chopped onions

1 cup diced celery

1 cup diced carrots

2 tablespoons minced garlic

2 teaspoons dried thyme leaves

6 cups reduced-sodium beef broth

3/4 cup uncooked medium pearled barley

1 tablespoon balsamic vinegar



1.50
Hours

6
Servings

42 Cal

31g
Protein

COOKING

1. Heat oil in stockpot over medium heat until hot. Brown half of beef Cross Rib Roast; remove from stockpot. Repeat with remaining beef; remove from stockpot, pour off drippings. Season beef with pepper and salt.

2. Add onions, celery, carrots, garlic and thyme to stockpot; cook 5 to 8 minutes or until vegetables are lightly browned, stirring occasionally. Stir in broth and barley. Return beef to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 1 hour or until beef is fork-tender. Stir in balsamic vinegar.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
6		19g	99mg		29g	31g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com