

Beef and Barley Soup

Ingredients:

Olive oil
3 lbs. steak, cubed
1 large onion, diced
6 cloves garlic, minced
1 12oz dark beer *
4 quarts beef or vegetable stock
1 lb. celery, sliced
1 lb. carrots, peeled and sliced
1 lb. mushrooms, sliced
1 lb. barley, rinsed
10 sprigs fresh thyme
1 tbsp. rosemary, finely chopped
2 bay leaves

Directions:

1. In small batches, heat 2 tablespoons of oil in a large pot over medium-high heat, brown the beef until just cooked, and transfer it and the liquid to a bowl after each batch, repeat. Set aside.
2. Using the same pot, heat 2 tablespoons of oil over medium heat. Add onion and cook until softened. Add garlic and cook for a minute. Add the beer to deglaze the pot.
3. Add the beef and juice, broth, celery, carrots, and mushrooms to the pot. Bring to a boil.
4. Reduce heat, add the barley, thyme, rosemary, and bay leaves to the pot. Stir. Simmer for 1 hour.
5. Remove from heat. Discard the thyme and bay leaves. Serve or cool completely and freeze.

Notes:

*Or 1 cup red wine