

## Meal in a bowl - Beef Mushroom Barley Soup

Gather around the table to enjoy this warm soup, full of beef and vegetables that will have everyone coming back for seconds.

Preparation Time: 15 min

Cooking Time: 80 min.

Servings: 8

### Ingredients:

<b>Amount</b>	<b>Ingredient</b>	<b>Cost – date:</b>
1 lb	Stewing beef, cut into 1 inch cubes	
1/2 tsp each	Salt, pepper and dried thyme	
1 Tbsp + 1 Tbsp	Vegetable oil, divided	
1 cup	Diced onions	
1 cup	Diced celery	
1 cup	Diced carrots	
6 cups ( 1 lb)	Sliced cremini mushrooms	
6 cups	Chicken stock	
1/2 cup	Pot or pearl barley	
1 Tbsp	Tomato paste	
1	Bay Leaf	
	Cost for the total recipe:	
	Cost for 1 serving:	

### Preparation:

1. Season beef with the salt, pepper and thyme. In large pot, heat 1 tbsp of the oil over med-high heat. Brown beef in 2 batches for about 5 mins. Remove beef to plate and drain off fat in pot.
2. Add remaining oil to pot, cook onions, celery and carrots over med heat, stirring occasionally until onions are translucent, about 5 mins.
3. Add mushrooms, cook, stirring often, until mushroom liquid begins to evaporate, about 5 mins.
4. Stir in stock plus 2 c water. Scrape up any brown bits in pan. Add barley, tomato paste and bay leaf. Return beef and any accumulated juices to pan. Bring to boil. Reduce heat to low. Cover and simmer until beef and barley are tender, about 1 hour.
5. Discard bay leaf.

Recipe Source: Canadian Living Magazine

**Thanks for coming to Forestbrook Community Church today. We look forward to having you join us again to make another great recipe, enjoy some food and community!**