

Barley Soup

By Don Craig

Ingredients:

1 C Onion - diced
1C Celery - diced
1C Carrot - diced
6 cloves Garlic - minced
1 lb. Beef Stew meat (dice very small, ¼" cubes)
1 lb Barley (usually found with the dried beans in the grocery)
6 cans Beef broth (10oz.cans)?
2 cans Chicken broth (10oz.cans)?
8 Beef bouillon cubes
3 Chicken bouillon cubes
¼ cup Olive Oil
Salt & Pepper to taste.

Directions:

Heat olive oil in a large stock pot. (Medium High)
Add Onion, Celery, Carrot cook until onions are clear
Add Garlic, cook for an additional 2 minutes (don't let garlic burn)
Add Meat, cook until brown
Add broth and bouillon cubes, bring to a boil
Add barley, lower heat to a simmer and cook for 2 hours.
** (I have found barley is unpredictable and extra water may need to be added)
Salt and Pepper to taste

I believe the trick to making this really good is to haul it 2 hrs 15 minutes to Indianapolis and then serve it on a really cold day.