



Beef & Barley Veggie Soup

Serves 6-8

Ingredients:

1 1/2 Lbs Lean Beef, Cubed
1 Lb Sliced Mushrooms (Any Variety you Like)
4 Carrots, Sliced and Chopped
4 Stalks Celery, Sliced and Chopped
1 Yellow Onion, Diced
1 Tbsp Canola Oil (or Oil of Choice)
1 Heaping Tbsp Ravensview Rosemary Garlic
6 Cups Low Sodium Beef Broth
1 Tbsp Tomato Paste

Preparation:

Before you begin, make sure you have of the ingredients prepped and ready to go.

Add the oil to a stock pot and heat to medium high. Add the cubed steak and Ravensview Rosemary Garlic. Gently brown the beef and then add the onion, celery, carrot mixture and the mushrooms. Sauté for about 4 minutes.

Next add the beef broth and bring to a simmer. Cover and simmer for 90 minutes. Next let us add the tomato puree and the barley. Give it a stir and let simmer for another 30 minutes until barley is tender.

Mmmmmm.... Soo easy and soooo good!