

Beef and Barley Soup

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Family Circle Magazine - May 2012

Servings: 6

Start to Finish Time: 30 minutes

2 tablespoons vegetable oil
1 pound sirloin steak, trimmed and cut into 3/4-inch chunks
3 carrots, peeled and sliced
2 ribs celery, trimmed and sliced
3 parsnips, peeled and sliced
1 medium onion, chopped
2 cans (14.5 oz each) low-sodium beef broth
2 cups water
1/2 teaspoon dried thyme
1 cup quick-cook barley
1/2 teaspoon salt
1/4 teaspoon pepper

Heat the oil in a large pot over high heat. Add the beef and brown for 1 minute. Turn and brown for another minute. Remove to a bowl with a slotted spoon.

Reduce the heat under the pot to medium. Add the carrots, celery, parsnips and onion. Cook, stirring, for 5 minutes. Add the broth, water and the dried thyme. Increase the heat to high and bring to a boil.

Add the barley and reduce the heat to medium. Cook 12 minutes or as per package instructions.

Stir in the beef and any accumulated juices, salt and pepper. Cook for 2 minutes and serve.

Per Serving (excluding unknown items): 304 Calories; 15g Fat (45.1% calories from fat); 16g Protein; 26g Carbohydrate; 7g Dietary Fiber; 47mg Cholesterol; 255mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 1 Vegetable; 2 Fat.