

Made for us by: Pat Cassidy
Joan Blois

Beef Barley Soup

| | | |
|---------|---|--------|
| 2 lbs. | lean ground beef, fry – breaking into small bits, drain fat | 1 kg |
| 12 cups | beef broth (purchased broth or 6 beef bouillon cubes) | 3 L |
| 1 | can tomatoes (28 oz./ 796 ml) | 1 |
| 1 | can tomato soup (10 oz./ 284 ml) - undiluted | 1 |
| 2 cups | chopped carrots | 500 ml |
| 2 cups | chopped potatoes | 500 ml |
| 1½ cups | chopped onions | 375 ml |
| 1 cup | chopped celery | 250 ml |
| ½ cup | pearl or pot barley | 125 ml |
| 1 Tbsp | parsley leaves | 15 ml |
| 1 tsp | sugar | 5 ml |
| 1 tsp | salt | 5 ml |
| ¼ + tsp | pepper | 3 ml |
| ¼ tsp | thyme | 2 ml |
| | | |

Add broth and all ingredients, except beef and bring to a boil. Cover and simmer for about 1½ hours.

Add beef and simmer another ½ hour.

Makes approx. 22 cups.

Freezes well.