

Beef and Barley Soup

Source: <http://www.closetcooking.com>

Ingredients

	6 svg	12 svg
Mushrooms, dried	1 oz	2 oz
Bacon, cut into 1 inch pieces	4 slices	8 slices
Stewing beef, cut into 2 inch pieces	1.5 lb	3 lb
Onion, diced	1 c	2 c
Carrot, diced	1 c	2 c
Celery, diced	1 c	2 c
Mushrooms, quartered or sliced	8 oz	1 lb
Garlic, chopped	2 T	4 T
Thyme, fresh	1 tsp	2 tsp
Smoked paprika	2 tsp	4 tsp
Tomato paste	2 T	4 T
Beef broth	4 c	8 c
Pot barley	1 c	2 c
Bay leaves	2	4
Vinegar, balsamic	1 T	2 T
Worcestershire sauce	1 T	2 T
Fish sauce	1 T	2 T
Salt and Pepper to taste	TT	TT



Notes

- Use beef such as chuck, round, or brisket.
- May substitute soy sauce or red miso paste for the fish sauce.

Directions

- Cover the dried mushrooms in 1 cup of just boiled water and let sit until tender, about 15 minutes, before draining, reserving the water, and chopping the mushrooms.
- Meanwhile, cook the bacon in a large sauce pan over medium-high heat before setting aside.
- Add the beef and sear until lightly golden brown on all sides before setting aside.
- Add the onions, carrots, celery and mushrooms and cook until tender, about 7-10 minutes.
- Add the garlic, thyme, paprika and tomato paste and cook until fragrant, about 1-2 minutes.
- Add the broth and deglaze the pan by scraping up the brown bits on the bottom of the pan with a wooden spoon while the broth simmers.
- Add the broth, barley, bacon, beef, reserved chopped mushrooms, reserved mushroom water, bay leaves, balsamic vinegar, worcestershire sauce and fish sauce and either bring to a boil, reduce the heat and simmer, covered, until the beef is fall apart in your mouth tender, about 2-3 hours, OR transfer to a preheated 350F/180C oven and roast, covered, until the beef is tender, about 2-3 hours, OR transfer to a slow cooker and cook on low for 6-10 hours or on high for 3-5 hours.
- Remove the bay leaves, season with salt and pepper to taste and enjoy!