

## Ultimate Comfort: Beef and Barley Soup Recipe

There's something deeply satisfying about a steaming bowl of



**TIME**  
**30 min**

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### INGREDIENTS

1 lb boneless chuck roast, trimmed and cut into ¾-inch cubes  
1 cup uncooked pearl barley  
1½ cups carrots, thinly sliced  
1 (14.5 oz) can of kernel corn, drained  
1½ cups celery, thinly sliced  
2/3 cup onion, chopped  
1 (8 oz) package pre-sliced mushrooms  
2 tbsp beef base (not broth-this is concentrated flavor!)  
8-10 cups water  
1 large bay leaf  
Salt & pepper, to taste

### DIRECTIONS

- 1.** Brown the Beef: In a non-stick skillet, sear the beef over medium-high heat until browned on all sides. This adds incredible depth to your soup.
- 2.** Assemble in the Crockpot: Transfer the browned beef to your crockpot. Add in the carrots, corn, celery, onion, mushrooms, and beef base. Pour in 8-10 cups of water, add the bay leaf, and stir.
- 3.** Cook: Cover and cook on high for 1 hour.
- 4.** After 1 hour, add the pearl barley.
- 5.** Reduce heat to low and cook for 4-5 more hours, until the beef is tender and the barley is cooked through.
- 6.** Season and Serve: Before serving, remove the bay leaf. Taste and adjust with salt and pepper as needed. Ladle into bowls and serve hot!

### SWAPS & NOTES

**Beef base :** You can use Better Than Bouillon or similar-just make sure it's base, not broth.

**Corn :** Frozen works just as well if you don't have canned.

**Barley :** Pearl barley is traditional, but quick barley can work in a pinch-just reduce cooking time.

Add green beans, peas, or chopped spinach during the last 30 minutes.

### TIPS FOR SUCCESS

**Sear the beef first :** It's an extra step, but it adds tons of flavor.

**Check your barley :** If using quick barley, add it later so it doesn't get mushy.

**Don't skimp on seasoning :** Add a little Worcestershire sauce or a dash of soy sauce for umami.

**Freeze it :** This soup freezes beautifully-just cool fully and portion into airtight containers.

