

## Hearty Beef Barley Soup: The Classic Comfort Food Your Family Will Crave

Maximum Flavor, Minimum Fuss:



**TIME**  
**15 min**

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**ChefManiac**

### INGREDIENTS

#### Swaps and Notes:

**Beef Cut:** If you can't find chuck roast, stew meat works well, though chuck roast offers superior tenderness after the long simmer.

**Vegetable Variety:** Feel free to toss in a cup of sliced mushrooms or a handful of baby spinach during the last 15 minutes of simmering.

**Spice Boost:** A small pinch of red pepper flakes added with the garlic can give this soup a subtle, welcome warmth.

**Barley Type:** Medium or pearl barley is best. Quick-cooking barley will disintegrate in the long cooking process.

**Low Sodium Broth:** Using low sodium broth allows you to control the final saltiness of the soup. Always taste and adjust before serving!

#### ? Step-by-Step Instructions:

Step 1: Sear the Beef:

Step 2: Build the Flavor Base:

Step 3: Simmer for Tenderness:

Step 4: Add Barley and Corn:

Step 5: Finish and Thicken:

Step 6: Shred and Serve:

#### ? Tips for Success:

**Don't Skip the Sear:** Searing the beef creates the "fond"-the brown bits stuck to the bottom of the pot. As the vegetables cook, they release moisture, which lifts this fond, adding a tremendous depth of

flavor to your broth.

**Barley Measurement is Key:** Adding exactly 2/3 cup of medium barley ensures the soup thickens without becoming too much like a stew. If you prefer a thinner soup, reduce the amount of barley slightly.

**Taste and Adjust:** Beef broths can vary widely in sodium and flavor. Always taste your soup right at the end-after the beef is returned to the pot-and adjust with more salt, pepper, or herbs if necessary.

**Serving Suggestions and Pairings:**

**Crusty Bread:** A must-have for soaking up all that rich broth. A slice of buttered sourdough or French bread is perfect.

**Side Salad:** A simple, crisp green salad with a light vinaigrette offers a refreshing contrast.

**Grilled Cheese:** Nothing pairs better with a classic soup than a classic sandwich. For a modern, crowd-pleasing twist on this idea, try [How I Turned a Classic Sandwich Into the Ultimate Cheesy Hot Dip](#).

? **Nutritional Information (Per Serving, Estimated):**

Calories: 380-450 kcal

Protein: 35-40g

Fat: 15-20g

Carbohydrates: 30-35g

Fiber: 5-7g

? **Storage and Leftover Tips:**

**Storage:** Let the soup cool completely before transferring it to airtight containers. It will keep beautifully in the refrigerator for up to 4 days.

**Leftovers:** As noted, this soup is fantastic leftover! The barley will continue to absorb liquid, resulting in a much thicker consistency. When reheating, you may want to add a splash or two of water or beef broth to reach your desired texture.

**Freezing:** Beef Barley Soup freezes very well! Divide cooled soup into freezer-safe containers, leaving about an inch of headspace. It can be frozen for up to 3 months. Thaw overnight in the refrigerator and reheat gently on the stovetop.

**More Recipes You Will Love:**

For another classic comfort dish that's easy to freeze: [This Instant Pot Lasagna Is My Favorite Way to Make Comfort Food Fast](#).

If you're looking for an equally satisfying and soulful main course: [These Easy Turkey Wings Are My Favorite Comfort Food for Lazy Sundays](#).

Sometimes you just need a straightforward, familiar meal. You can't go wrong with my [Classic Spaghetti Recipe With Homemade Sauce](#).

## DIRECTIONS

1. This recipe is best made in a : Dutch oven, but a large stockpot will also work perfectly.
2. **Step 1: Sear the Beef:** In your Dutch oven or large stockpot, heat the vegetable oil over medium heat until shimmering. Add the large pieces of chuck roast (you may need to do this in batches) and sear until nicely browned on all sides. This browning step (fond) is crucial for building deep flavor. Remove the beef to a plate and set aside.
3. **Step 2: Build the Flavor Base:** Add the carrots, celery, and onion to the pot and cook for 4-5 minutes, stirring occasionally, until the vegetables begin to soften. Add the crushed garlic, parsley, oregano, and thyme. Cook for just 1 minute, stirring constantly, until the garlic is fragrant. Be careful not to burn the garlic!
4. **Step 3: Simmer for Tenderness:** Return the seared beef to the pot. Add the beef broth, diced tomatoes (with their juice), and the bay leaf. Bring the mixture to a low boil, then reduce the heat to low, cover, and let it simmer for 121 hours, or until the chuck roast is undeniably fork tender.
5. **Step 4: Add Barley and Corn:** Once the beef is tender, add the barley and the drained corn. Cover the pot with the lid and continue to simmer for 30 minutes.
6. **Step 5: Finish and Thicken:** Remove the lid and continue simmering for another 15 minutes. This last open-lid simmer allows the liquid to reduce slightly and the starches from the barley to naturally thicken the soup to perfection.
7. **Step 6: Shred and Serve:** Remove the chuck roast from the pot. Trim away any gristle or large pieces of fat.

Cut or shred the beef into bite-sized chunks and return it to the pot. Taste and adjust seasoning with salt and pepper as needed. Ladle hot soup into bowls and serve immediately!

8. ? Tips for Success: Don't Skip the Sear: Searing the beef creates the "fond"-the brown bits stuck to the bottom of the pot. As the vegetables cook, they release moisture, which lifts this fond, adding a tremendous depth of flavor to your broth.
9. Barley : Measurement is Key: Adding exactly 2/3 cup of medium barley ensures the soup thickens without becoming too much like a stew. If you prefer a thinner soup, reduce the amount of barley slightly.
10. Taste and : Adjust: Beef broths can vary widely in sodium and flavor. Always taste your soup right at the end-after the beef is returned to the pot-and adjust with more salt, pepper, or herbs if necessary.
11. Serving Suggestions and Pairings: This hearty soup is practically a meal on its own, but a few simple additions can elevate the experience.
12. Crusty : Bread: A must-have for soaking up all that rich broth. A slice of buttered sourdough or French bread is perfect.
13. Side : Salad: A simple, crisp green salad with a light vinaigrette offers a refreshing contrast.
14. Grilled : Cheese: Nothing pairs better with a classic soup than a classic sandwich. For a modern, crowd-pleasing twist on this idea, try How I Turned a Classic Sandwich Into the Ultimate Cheesy Hot Dip.
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20. Note: This is an estimate based on average ingredient values and assumes 8 servings.
21. ? Storage and Leftover Tips: Storage: Let the soup cool completely before transferring it to airtight containers. It will keep beautifully in the refrigerator for up to 4 days.
22. Leftovers: As noted, this soup is fantastic leftover! The barley will continue to absorb liquid, resulting in a much thicker consistency. When reheating, you may want to add a splash or two of water or beef broth to reach your desired texture.
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24. More Recipes You Will Love: If you enjoy a hearty, comforting meal that is easy to manage, I think you'll love these other recipes from Chefmaniac:
25. For another classic comfort dish that's easy to freeze: This Instant Pot Lasagna Is My Favorite Way to Make Comfort Food Fast.

## SWAPS & NOTES

**Vegetable Variety:** Feel free to toss in a cup of sliced mushrooms or a handful of baby spinach during the last 15 minutes of simmering.

**Spice Boost:** A small pinch of red pepper flakes added with the garlic can give this soup a subtle, welcome warmth.

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### TIPS FOR SUCCESS

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**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/hearty-beef-barley-soup-the-classic-comfort-food-your-family-will-crave/>