

Old-Fashioned Beef Barley Soup That Tastes Like Home

Hearty Beef Barley Soup with Chuck Roast (Ultimate Comfort Bowl)



TIME
5 min

PRINT
Recipe Card

SAVE
PDF

SOURCE
ChefManiac

INGREDIENTS

- 2 tablespoons vegetable oil
- 2-3 lbs chuck roast
- 2 carrots, sliced thin
- 2 stalks celery, sliced thin
- 1 medium onion, finely chopped
- 3 cloves garlic, crushed
- 1 tablespoon dried parsley
- 1 teaspoon dried oregano
- ... teaspoon ground thyme
- 6 cups low sodium beef broth
- 1 (14.5 oz) can diced tomatoes
- 1 bay leaf
- 2/3 cup medium barley
- 1 (14.5 oz) can corn, drained

DIRECTIONS

- 1.** Sear the Beef: In a Dutch oven or large stockpot, heat vegetable oil over medium heat. Add the chuck roast and sear on all sides until browned. Remove and set aside.
- 2.** Build the Flavor Base: In the same pot, add carrots, celery, and onion. Cook for 4-5 minutes until slightly softened.
- 3.** Add garlic, parsley, oregano, and thyme. Cook for 1 minute, stirring constantly to prevent burning.
- 4.** Simmer: Pour in beef broth, diced tomatoes, and add the bay leaf. Return the seared beef to the pot.
- 5.** Reduce heat to low and simmer for about 1 1/2 hours, or until the roast is fork-tender.
- 6.** Add Barley & Corn: Stir in barley and drained corn. Cover and cook for 30 minutes.
- 7.** Remove lid and continue simmering for 15 minutes, allowing the barley to fully cook and the broth to thicken.
- 8.** Shred the Beef: Remove the roast from the pot. Trim away excess fat or gristle. Cut or shred into bite-sized pieces and return to the soup.
- 9.** Remove the bay leaf before serving.

SWAPS & NOTES

& Swaps Chuck roast is ideal because it becomes fork-tender after simmering.

Pearl barley works well, but adjust cook time slightly if using quick-cooking barley.

You can swap corn for green beans or peas if preferred.

Add mushrooms for an extra layer of earthy flavor.

TIPS FOR SUCCESS

Searing the beef properly adds rich, deep flavor to the broth.

Keep the simmer gentle - boiling can toughen the meat.

Stir occasionally once barley is added to prevent sticking.

Taste before serving and adjust salt and pepper as needed.

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

Original recipe: <https://chefmaniac.com/old-fashioned-beef-barley-soup-that-tastes-like-home/>