

Beef Barley Soup Recipe for a Hearty, Cozy Homemade Dinner

6 cups low-sodium beef broth



TIME
5 min

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INGREDIENTS

2 pounds beef chuck, cubed
3 tablespoons olive oil
1 medium onion, diced
2 ribs celery, diced
4 medium carrots, diced
3 cloves garlic, minced
3/4 cup dry red wine
6 cups low-sodium beef broth
1 tablespoon Worcestershire sauce
3 sprigs thyme
1 cup uncooked pearled barley
Salt, to taste
Black pepper, to taste
1/4 cup minced flat-leaf Italian parsley

DIRECTIONS

1. Sear the beef: Heat a large heavy pot over medium heat and add the olive oil.
2. Pat the beef dry with paper towels and season it with salt and pepper on all sides.
3. Sear the beef until well browned on all sides. Work in batches if needed so you do not overcrowd the pot.
4. Set the browned beef aside.
5. Saut  the vegetables: Add the onions, celery, and carrots to the same pot.
6. Saut  for about 5 minutes, then add the garlic and cook for 1 minute longer.
7. Deglaze with wine: Pour in the red wine and turn the heat to high.
8. Let it reduce by half, about 2 minutes, while scraping the bottom of the pot with a wooden spoon to loosen all the browned bits.
9. Add broth and beef: Add the beef broth, Worcestershire sauce, thyme, and the seared beef back to the pot.
10. Bring everything to a boil.
11. Simmer: Reduce the heat to a simmer and cook for 45 minutes with the lid partially covered.
12. Add the barley: Stir in the pearled barley and continue simmering for 45 to 60 minutes, or until the barley is tender.
13. Finish and season: Taste the soup and adjust with salt and pepper as needed.
14. If the soup is thicker than you like, add a little extra beef broth or water until it reaches your preferred consistency.
15. Stir in the parsley just before serving.

SWAPS & NOTES

Beef chuck is a great choice for this soup because it becomes tender and flavorful after simmering.

It is the kind of cut that really rewards a longer cook time.

Pearled barley gives the soup its signature hearty texture.

It thickens the broth a little and makes each bowl feel especially satisfying.

TIPS FOR SUCCESS

Pat the beef dry before searing so it browns properly instead of steaming.

Those browned bits on the beef and in the pot add a lot of flavor to the final soup.

Keep an eye on the barley as it cooks.

It can absorb a lot of liquid, so you may want to add a little more broth at the end depending on how thick you like your soup.

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