

My Favorite Cold-Weather Soup: Tender Beef and Barley with a Deep, Savory Broth

How I Make Beef Barley Soup That's Rich, Hearty, and Comfort in a Bowl



TIME
20 min

METHOD
Slow cooker

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Recipe Card

SAVE
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INGREDIENTS

2 pounds beef chuck, cubed
3 tablespoons olive oil
Salt and black pepper, to taste
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 fresh thyme
1 cup uncooked pearled barley
1/4 cup fresh Italian parsley, minced

DIRECTIONS

1. Sear the : Beef for FlavorI start by patting the beef dry with paper towels (this helps it brown, not steam), then season it generously with salt and pepper. In a large heavy-bottomed pot, I heat the olive oil over medium heat and sear the beef in batches, turning it to brown on all sides. It's tempting to crowd the pan, but I work in two batches to get that deep, flavorful crust.
2. SautØ the VeggiesOnce all the beef is seared and set aside, I add the diced onion, celery, and carrots to the same pot. I cook them for about 5 minutes, scraping up any browned bits. Then I stir in the garlic and cook for another minute.
3. Deglaze with : Red WineI pour in the red wine and turn up the heat. As it reduces by half (about 2 minutes), I use a wooden spoon to scrape up every bit of flavor from the bottom of the pot. That deglazing step makes the broth extra rich and layered.
4. Simmer the : SoupNext, I add the beef broth, Worcestershire sauce, thyme, and the seared beef back into the pot. Once it reaches a boil, I reduce the heat to low, partially cover the pot, and let it simmer gently for 45 minutes.
5. Add the : Barley and Keep CookingAfter the initial simmer, I stir in the uncooked pearled barley. From here, it needs another 45-60 minutes to get perfectly tender. I check on it occasionally and give it a taste test to see when the barley's ready. If the soup thickens too much, I add a little water or broth to loosen it up.
6. Finish and : ServeOnce the barley is cooked and the beef is fall-apart tender, I pull the soup off the

heat and stir in a handful of chopped parsley for freshness. I do a final taste test and adjust the salt and pepper if needed. Then it's ready to ladle into big bowls and serve warm.

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

Original recipe: <https://chefmaniac.com/my-favorite-cold-weather-soup-tender-beef-and-barley-with-a-deep-savory-broth/>