

# Classic Beef Barley Soup



READY IN  
**40**  
MINUTES!

## Snappy Grains Beef Barley Soup

8 oz sirloin steak, trimmed and cut into bite-size pieces

½ tsp freshly ground pepper, divided

4 tps extra-virgin olive oil, divided

1 medium onion, chopped

1 large stalk celery, sliced

1 large carrot, sliced

2 tbsp tomato paste

1 tbsp chopped fresh thyme

¾ cup Snappy Grains

4 cups reduced-sodium beef broth

1 cup water

¼ tsp salt

1-2 tsp red-wine vinegar

### Directions:

1. Sprinkle steak with ¼ teaspoon pepper. Heat 2 teaspoons oil in a Dutch oven over medium heat. Add the steak and cook, stirring often, until browned on all sides, about 2 minutes. Transfer to a bowl.
2. Add the remaining 2 teaspoons oil, onion and celery to the pot and cook, stirring, until beginning to soften, about 2 minutes. Add carrot and cook, stirring, for 2 minutes more. Add tomato paste and thyme and cook, stirring, until the vegetables are coated with the tomato paste and are beginning to brown, 1 to 2 minutes.
3. Add Snappy Grains, broth, water, salt and the remaining ¼ teaspoon of pepper, bring to a simmer. Reduce heat to maintain a simmer; cook until the barley is tender, about 15 minutes. Return the beef and any accumulated juice to the pot and heat through, 1 to 2 minutes. Remove from the heat; stir in vinegar to taste.

\* Make Ahead Tip: Cover and refrigerate for up to 3 days or freeze for up to 3 months.

Serves: 4

[snappygrains.ca](http://snappygrains.ca)

**SNAPPY:**  
GRAINS