



# ***Beef and Barley Vegetable Soup***

*MyPlate2Yours - Lynn Dugan*

## ***Ingredients***

1 pound stew meat, cut into bite size pieces  
3 carrots, sliced  
3 cloves garlic, minced  
1 small onion, diced  
2 small potatoes, cubed (peeled or unpeeled)  
1 can diced tomatoes  
1 can corn  
1 quart (4 cups) beef or vegetable broth  
1 tablespoon dried basil  
1 teaspoon salt  
1/2 cup pearly barley (uncooked)  
1/4-1/2 teaspoon hot pepper sauce  
freshly ground pepper

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## ***Directions***

Place the carrots, garlic, onions and potatoes into a 5-6 quart slow cooker. Add the stew meat, tomatoes, and corn. Sprinkle with basil and salt. Pour broth over top. Cook for 6-8 hours. At final hour, turn heat to high and add barley\*. When complete, season with hot sauce and freshly ground pepper.

*\*An alternative to pearly barley is quick-cooking barley that takes 10 minutes to cook. You can use this faster cooking barley in this recipe, just add it 10-20 minutes before the soup is ready.*