

Beef Soup

3	Tab	extra-virgin olive oil	1	medium	red onion finely chopped
2	lbs.	beef stew meat	2	large	potato peeled and diced
½	lb.	Beef bone	1	15-oz	sweet pea
4	quarts	beef broth or water	1	lb.	egg noodles (boiled)
1 4	oz.	can mushroom stems and pieces drained	1	medium	red bell pepper seeded and chopped
2	cloves	peeled chopped	1	cup	barley
2	medium	carrot, sliced	1	Tab	butter or (lard traditional, optional)
1	medium	celery stalk diced	1	10 oz.	can tomato paste
½	cup	parsley, finely chopped			sea salt and black pepper to taste
½	cup	parsnips peeled and thinly sliced			

- 1 In a large saucepan or Dutch oven, heat olive oil until it shimmers. Add onion and sauté until translucent, about 7 minutes.
- 2 Add the meat, cook until well browned all over (15 minutes)
- 3 Add beef bone, parsley, parsnip, celery, carrots, mushroom, barley, tomato paste, potatoes, pepper, bay leaf, mushroom, sweet pea, butter or (lard optional) and pepper.
- 4 Bring to a boil, reduce heat and simmer for 1 hour and thirty minutes or until barley is tender, make sure you put enough water to cover the meat and a little extra broth or water.
- 5 Fifteen minutes before the soup is done add garlic, and the parsley to the soup. (Salt and pepper to taste)
- 6 At last remove the beef bone from the soup, and discard.
- 7 Serve the soup with sour cream if you like, pinched noodles and or a hearty bread of choice.

Servings: 6

Yield: 6

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Total Time: 1 hour

Nutrition Facts: Serving size: 1/6 of a recipe (37 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients. One of the recipe's ingredients was not linked. This ingredient is not included in the recipe nutrition data.

[◀ Back](#)

Amount Per Serving	
Calories	912.44
Calories From Fat (25%)	232.19
% Daily Value	
Total Fat 31.13g	48%
Saturated Fat 9.13g	46%
Cholesterol 143.69mg	48%
Sodium 1815.19mg	76%
Potassium 1555.77mg	44%
Total Carbohydrates 102.16g	34%
Fiber 14.58g	58%
Sugar 10.6g	
Protein 55.63g	111%