

Elise's Mushroom-Beef Barley Soup



3 tablespoons vegetable oil

3 pounds beef cubes or boneless short ribs (you can mix and match)

4 potatoes, peeled and cut into small cubes

4 stalks celery, cut into thin slices

3 to 4 (2.25 ounces) bags mini baby carrots, cut in half ½ (16 ounce) bag of sliced carrots

½ (12 ounce) bag chopped frozen onion, or 1 large onion, peeled and diced

1 box (8 -12 ounces) fresh, sliced mushrooms

2 cloves of garlic, peeled and crushed

2 bays leaves

¼ teaspoon black pepper

1-teaspoon salt

1-teaspoon garlic salt

1 teaspoon dried basil

2 (15 ounce) cans Hunts® Tomato Sauce

1 (13¾ or 14 ounce) can College Inn® Beef Broth

1-cup Pearl Barley

2-3 quarts water

Place the oil into a large heated saucepan. Add the beef cubes, and brown then lightly. Remove the cubes, leaving remaining liquid in the pan, and place cubes in either a large crock-pot or a large Dutch oven or stockpot. Add the potatoes, onions, carrots, celery, garlic and mushrooms to the saucepan and brown lightly. Add the vegetables to the beef. Add the bay leaves, garlic salt, pepper, dried basil, beef broth, tomato sauce, and water to the pot you selected. Add the barley. If you are doing it in a crock-pot, cook on high for 6 hours, and then on low for 2 hours. If you are doing it on top of the stove in any of the other type pots, bring to a boil, and then cook on a low simmer for about 2-2½ hours. Check to see if the barley is cooked and allow

additional time if necessary. You may need to add a little more liquid (water or beef broth is fine) if the soup is too thick. Remove Bay leaves. Serves 6.

Instant Pot Version (8 quart pot):

3 tablespoons vegetable oil

3 pounds beef cubes or boneless short ribs (you can mix and match)

4 potatoes, peeled and cut into small cubes

4 stalks celery, cut into thin slices

3 to 4 (2.25 ounces) bags mini baby carrots, cut in half or ½ (16 ounce) bag of sliced carrots

½ (12 ounce) bag chopped frozen onions or 1 large onion, peeled and diced

1 box (8 -12 ounces) fresh, sliced mushrooms

2 cloves of garlic, peeled and crushed

2 bays leaves

¼ teaspoon black pepper

½ - 1 teaspoon salt

1-teaspoon garlic salt

1 teaspoon dried basil

2 (15 ounce) cans Hunts® Tomato Sauce – then, fill bowl empty cans with water

1 (32 ounce) box or can College Inn® Bold Beef Stock

1-cup Pearl Barley

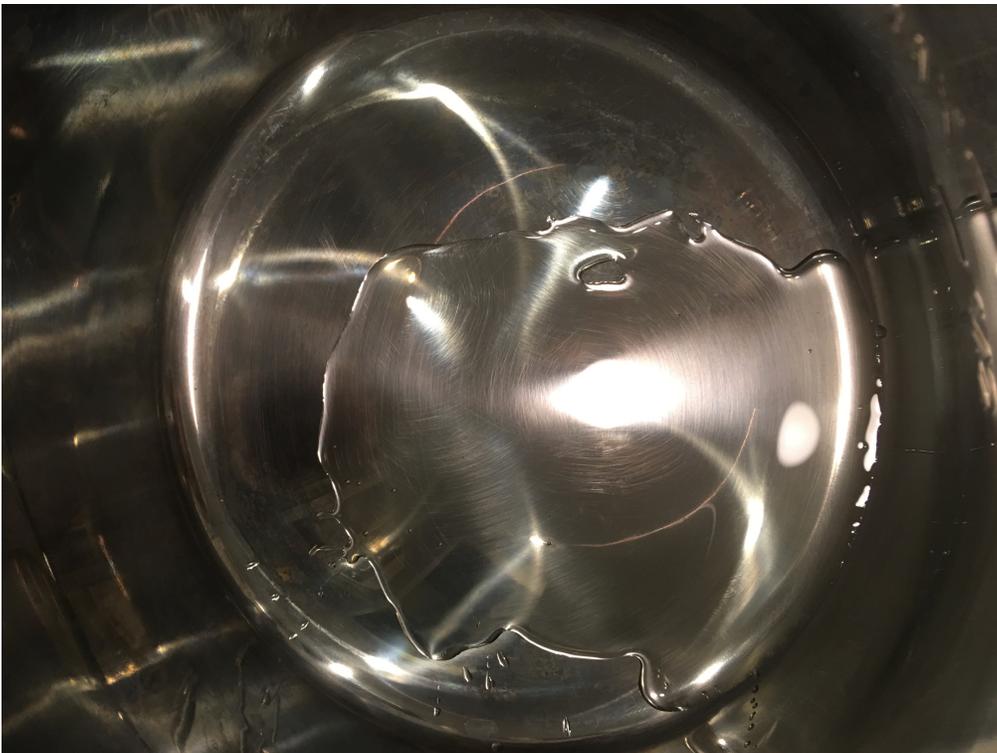
Turn the Instant Pot on to sauté. Add the oil and when it is hot, add the beef cubes and/or short ribs. Brown the meat as best you can, and remove to a dish and set aside.

Leave any liquid in the bottom of the pot, and add the potatoes, onions, garlic, celery, carrots, and mushrooms to the saucepan and brown lightly.. Add the bay leaves, pepper, salt, garlic and salt. Add the beef back to the pot. Add the 1-cup of barley. Add the cans of tomato sauce, the beef stock, and 2 cans of water, and dried basil, to the 8-quart Instant Pot.

Place the lid back on the pot and lock it. Set the pot to soup setting and add 10 minutes to make it 40 minutes. When the timer goes off, allow the pot to release naturally for about 10 minutes and then do a quick release. The soup should be perfect and ready to serve. Remove Bay leaves. We like it topped with Pecorino Romano cheese! Enjoy...



1. Ingredients for the Beef-Mushroom Barley Soup



2. Cut up your onions, carrots, and celery, if you haven't already done that. Get your garlic cloves peeled. Add 3 tablespoons of vegetable oil to the 8-quart Instant Pot. Set the pot on sauté setting. Let the oil heat up.



3. Add your meat and brown it as best you can in the pot.



4. While the meat is browning, peel the potatoes and dice.



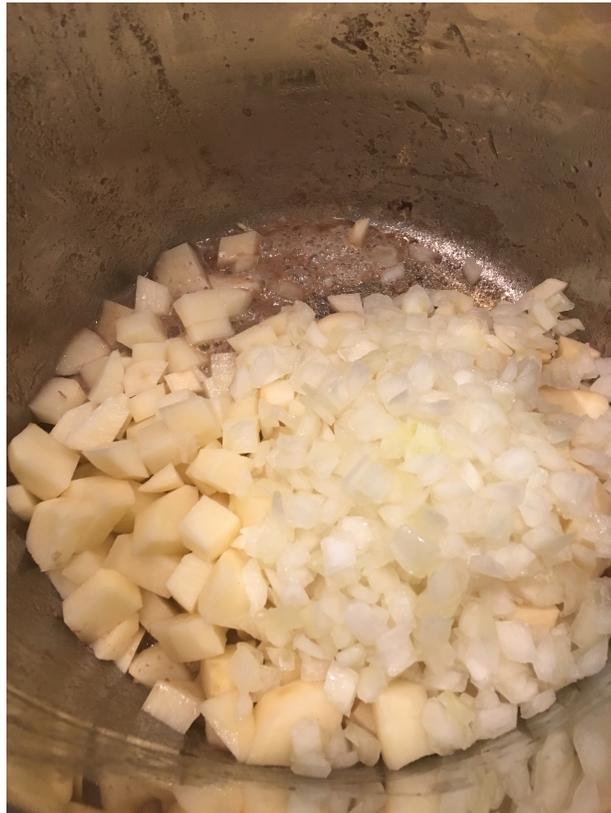
5. Remove the meat to a dish



6. Leave any drippings in the pot



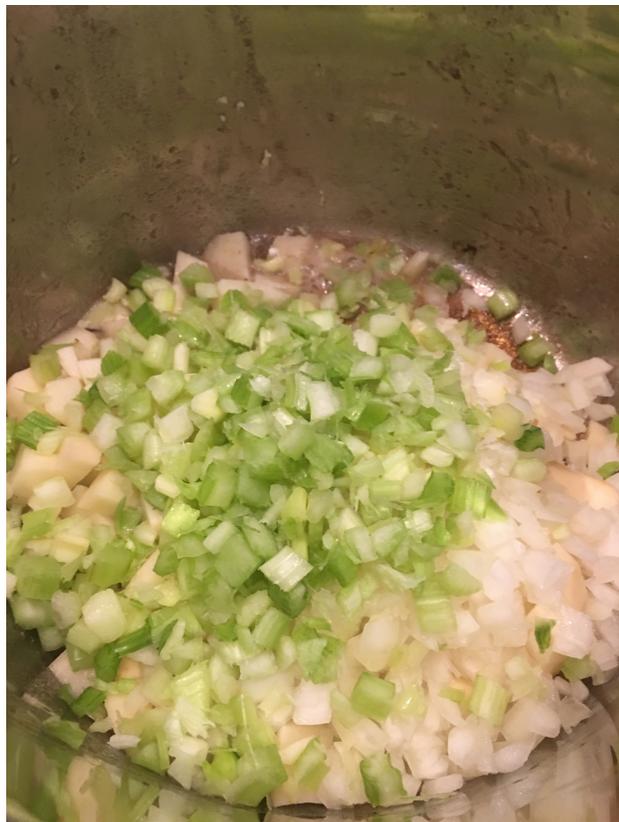
7. Add the potatoes to the pot



8. Add the onions to the potatoes



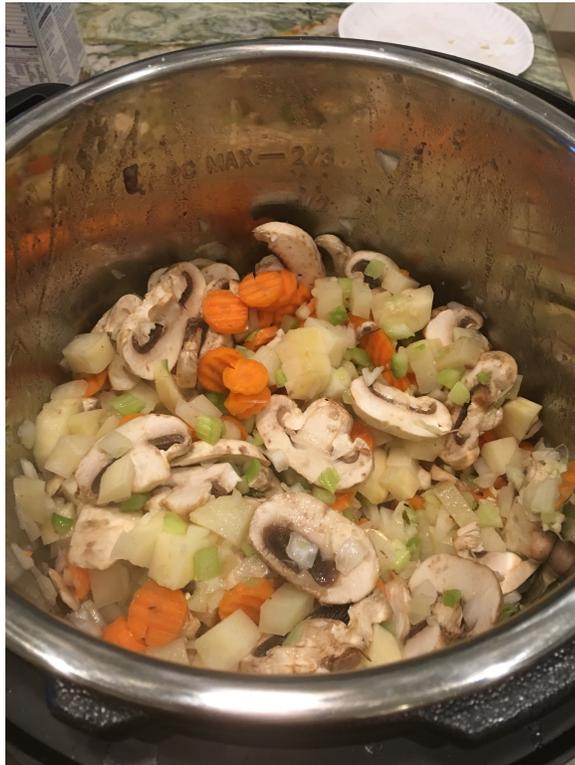
9. Crush the 2 cloves of garlic and add to the pot



10. Add the celery to the pot



12. Add the mushrooms



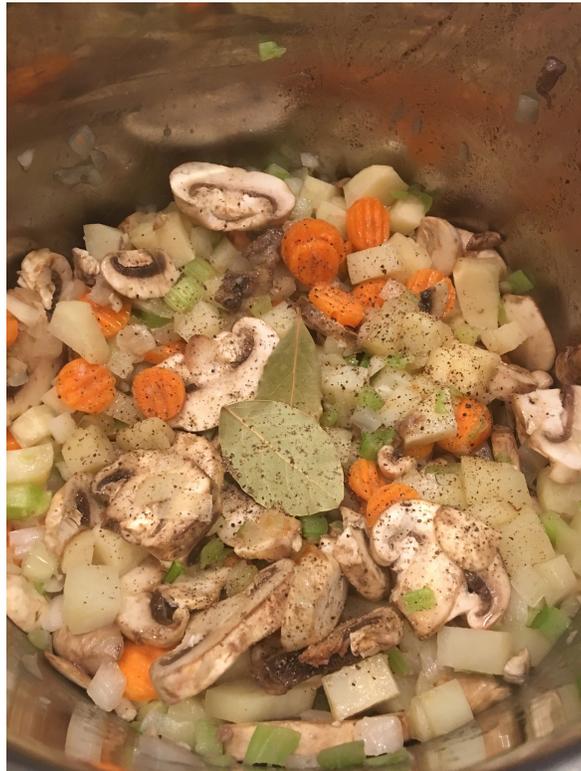
13. Give it a stir to mix them up



14. They are starting to soften.



15. Add two Bay Leaves



16. Add some freshly grated black pepper (about 1/4 -1/2 teaspoon) 17. It looks like this



18. Add some salt, about 1/2 -1 teaspoon and garlic salt (I forgot to take a picture) 19. Add the meat back into the pot.



20. Add the 1-cup of Pearl Barley



21. Add the 2 (15 ounce) cans of Hunts Tomato Sauce



22. Add 1 (32 ounce) box of College Inn Bold Beef Stock



23. Fill both of the empty tomato sauce cans with water and add them to the pot.



24. It is right up to the maximum fill line

25. Add the teaspoon of dried basil; stir. Place the lid on and set to the soup setting. Add 10 more minutes for a total of 40 minutes. Let it release naturally for about 10 minutes then do a quick release.



26. The soup is perfect

27. The Barley is perfectly cooked, the meat is tender



28. A nice hearty bowl of soup



29. Loaded with meat and vegetables



30. Of course some grated cheese is in order



31. A bonus of the cheese rind in this bowl