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Beef And Barley Soup Recipe – A Cozy, Hearty Classic for Busy Families

Looking for a comforting, nourishing dish that satisfies the whole family? This Homemade Beef & Barley Soup is a wholesome classic that's perfect for meal prep, busy weeknights, or cold-weather comfort. It freezes beautifully, cooks effortlessly, and delivers rich flavour in every warm bowl.

Why You'll Love This Recipe

- Perfect for Meal Prep: Make ahead and freeze for busy weeks.
- Family-Friendly: Mild, hearty flavours everyone enjoys.
- Nutrient-Rich: Barley, beef, and veggies create a complete balanced meal.
- Slow Cooker Friendly: Easy "set it and forget it" cooking.

Ingredients (Beef And Barley Soup Recipe)

- 9–10 cups water
- ½ cup chopped onion
- 1 cup pearl barley
- 1 large bay leaf
- 1 lb boneless chuck roast, cut into small pieces
- 1½ cups sliced carrots
- 1½ cups sliced celery
- 8 oz sliced mushrooms
- 2 tbsp beef base *(or use beef broth)*
- Salt & pepper to taste



Beef And Barley Soup Recipe

How to Make It (Beef And Barley Soup Recipe)

1. Cook the Beef:
   Brown the beef in a pan until it reaches your preferred doneness. This adds deep, rich flavour.
2. Combine in Crockpot:
   Add the cooked beef into your crockpot.
   Then add carrots, water, bay leaf, onion, celery, mushrooms, and beef base.
3. Add Barley & Season:
   Turn the heat to High, add the barley, and season with salt and pepper.
4. Slow Cook Until Tender:
   Let everything cook until the vegetables and beef are fully tender and the soup becomes thick, hearty, and aromatic.

5. Finish & Serve:
   Remove the bay leaf and enjoy with fish crackers, chilli sauce, soy sauce, and a squeeze of fresh lemon.

Serving Suggestions

- Fresh crusty bread
- Garlic toast
- Side salad
- Crackers or sourdough

Pro Tips for Better Flavor

- Sear the beef for extra richness.
- Add a splash of Worcestershire sauce for depth.
- Swap water for broth if you prefer a richer base.
- Add a handful of fresh parsley before serving.

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