



Beef and Barley Soup I

Jacob · 29/09/2024



Prep Time

8 hrs 20 mins

Difficult

Medium

Servings

16

Description

We are remodeling the kitchen and getting very hungry for food again so I got out the slow cooker and made this soup. It's perfect when you do not have a lot of time. Since you can get soup bones that contain little fat, this soup is nearly fat-free. When the soup is cooled, there is no visible fat at the surface.

Ingredients

- 2 beef soup bones - 2 tablespoons kosher salt - 5 stalks celery - 1 onion
- quartered - ½ teaspoon ground black pepper - 2 'bouquet garni' spice balls - ½ pound baby carrots - ¼ cup fresh parsley - 11 cloves garlic
- peeled - 1 cup barley

Instructions

1. Place beef bones in a large size slow cooker. Add salt
2. celery stalks
3. onion
4. bouquets garnis
5. pepper
6. carrots
7. parsley and garlic. Fill slow cooker within 2 inches of the top with hot water and cook for 6 hours
8. covered on high heat
9. stirring occasionally. Add barley and cook for 2 more hours stirring occasionally or until meat can easily be removed from bones. Remove and discard onion
10. bouquets garnis
11. celery
12. and parsley. Transfer bones to a dish and remove meat from bones
13. being careful not to take off cartilage or gristle. Place meat back into soup
14. stir
15. and serve.