



BEEF BARLEY SOUP

by Chef David Cocker

USING: REUVEN FULLY COOKED DICED BEEF

Prep & Cook Time: 75 minutes

Servings: 6-7

INGREDIENTS

- 1 kg (3 cups) Reuven Fully Cooked Diced Beef 3/8" or 3/4" (Product Code B03693 or B03599)
- 2 tbsp (30 ml) canola oil
- 2 carrots, diced
- 3 stalks celery, diced
- 1 onion, diced
- 3 tbsp (45 ml) tomato paste
- 4 garlic cloves
- 50 fl oz (1.5 L) beef broth
- 2 tsp (10 ml) Worcestershire sauce
- 1 sprig rosemary
- 2 sprig thyme
- 1 bay leaf
- 1 cup (250 ml) pearl barley
- 3 tbsp (45 ml) fresh parsley

PREPARATION

Heat canola oil a large pot over medium-high heat. Add Reuven Fully Cooked Diced Beef, adding just enough not to overcrowd. Season with salt and pepper. Sear until golden brown on the bottom, about 2 minutes then flip and cook 1 minute longer.

Add carrots, celery, onion, and sauté for 3 minutes.

Add tomato paste, garlic, and sauté for 1 minute longer.

Add beef broth, Worcestershire sauce, rosemary, thyme, bay leaf, season with salt and pepper to taste.

Bring to a simmer then reduce heat to low, add barley, cover, and simmer until barley is cooked through and beef is tender, about 45 - 60 minutes

Stir in parsley. Serve warm.



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