

Slow Cooker Beef and Barley Soup

Yield: 9 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-beef-barley-soup-recipe>

Ingredients:

- 1 pound stewing beef
- 1/2 cup all purpose flour
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 3 tablespoons extra virgin olive oil
- 2 cups carrots sliced, peeled
- 1 cup chopped celery
- 1 1/2 cups onion chopped
- 2 cups cremini mushrooms sliced
- 1 zucchini medium, sliced and chopped
- 3 tablespoons minced garlic
- 1 jalapeno small, optional
- 2 1/2 tablespoons thyme leaves fresh chopped
- 64 ounces reduced sodium beef broth
- 8 3/4 ounces barley
- 1 teaspoon kosher salt
- 1/2 teaspoon ground black pepper freshly
- 2 1/2 tablespoons worcestershire sauce
- 1/4 cup fresh parsley chopped

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 37 grams
3. Fat: 5 grams
4. Fiber: 7 grams
5. Protein: 8 grams
6. SaturatedFat: 0.5 grams

7. Sodium: 970 milligrams

8. Sugar: 6 grams

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