

Homemade Beef Barley Soup

Yield: 8 min
Total Time: 35 min

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

Ingredients:

- 1 tablespoon olive oil
- 1 onion chopped
- 1 garlic clove minced
- 2 carrots sliced
- 1 stalk celery sliced
- 2 cups beef cooked
- 6 cups reduced sodium beef broth
- 1 can petite diced tomatoes 14-15 oz, undrained
- 1/2 green pepper diced
- 2/3 cup barley
- 1 tablespoon worcestershire sauce
- 1/4 teaspoon dried thyme
- 1 package gravy mix beef
- 1 bay leaf
- 2 tablespoons red wine optional
- 2 tablespoons fresh parsley or 2 teaspoons dried
- salt
- pepper

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 40 milligrams
4. Fat: 10 grams
5. Fiber: 4 grams
6. Protein: 15 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 600 milligrams
9. Sugar: 3 grams

10. TransFat: 0.5 grams

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