

Comforting Ground Beef and Barley Soup

Yield: 5 min
Total Time: 85 min

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

Ingredients:

- 1 pound lean ground beef use beef with less than 10% fat for South Beach Diet
- 3 teaspoons olive oil
- 1 onion large, chopped
- 2 tablespoons minced garlic or less if you're not that crazy about garlic
- 6 cups homemade beef stock or use 3 cans beef broth and a little water to make 6 cups
- 4 cups vegetable stock or 2 cans vegetable broth and a little water to make 4 cups
- 2 teaspoons dried parsley
- 1/2 teaspoon dried thyme
- 1 cup chopped celery finely
- 1 cup carrots finely chopped
- 1/2 cup pearl barley
- 2 tablespoons balsamic vinegar add 1 T, then taste to see if you want to use more
- salt
- ground black pepper

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 55 milligrams
4. Fat: 7 grams
5. Fiber: 5 grams
6. Protein: 28 grams
7. SaturatedFat: 2 grams
8. Sodium: 1580 milligrams
9. Sugar: 8 grams

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