

C's Beef & Barley Soup

Yields: *about eleven 2 unit portions all 3 macro nutrients (1 cup)*
about eight 3 unit portions all 3 macro nutrients (1 1/2 cups)
about six 4 unit portions all 3 macro nutrients (2 cups)
about four 5 unit portions all 3 macro nutrients (2 1/2 cups)

Ingredients:

2 pounds Ground Sirloin
2 tsp. Canola Oil
2 cups Leeks, chopped (about 4 medium)
2 cups Carrots, chopped
4 Garlic Cloves, minced
6 cups water
1 1/2 tsp. Kosher Salt
1 tsp. Dried Thyme
1/2 tsp. Freshly Ground Black Pepper
4 Whole Bay Leaves
2 (14 oz.) cans Less-Sodium Beef Broth
1 cup Uncooked Pearl Barley

Directions:

Step 1: Brown the Ground Sirloin in a skillet over medium-high heat until no longer pink. Stir occasionally to break apart. Drain any fat.

Remove the cooked ground beef to a Large Dutch Oven or Deep Saucepan over NO HEAT. Do not wash the skillet yet.

Step 2: Prepare your leeks, carrots and garlic as directed; set aside.

Using the same skillet that you cooked the beef in, heat the Canola oil over medium-high heat. Add the leeks, carrot and garlic; sauté 4 minutes or until lightly browned.

Step 3: Add the carrot mixture to the beef mixture in the deep saucepan. Add water and next 5 ingredients (through broth); bring to a boil over medium-high heat. Cover, reduce the heat and simmer for about 45 - 60 minutes, or until the barley is tender. Remove and discard the bay leaves.