

From Real Estate to Recipes!
March FEATURE RECIPE

Beef Barley Soup

Courtesy of Kim Jump

Kim & her husband Scott bought their home from Tina in 1998!

Ingredients:

- 1 tbsp Olive Oil
- 1 Onion ~ Chopped
- 1 Garlic clove ~ Minced
- 2 Carrots ~ Sliced
- 1 Stalk Celery ~ Sliced
- 2 Cups Cooked Beef ~ (I use Stew meat)
- 6 C Reduced Sodium beef broth
- 1 Can(14-15oz) Petite diced tomatoes
- 1/2 Green pepper ~ Diced
- 2/3 C Barley
- 1 tbsp Worcestershire sauce
- 1/4 tsp Dried thyme
- 1 Packet beef gravy mix
- 1 Bay leaf
- 2 tbsp Red Wine (optional)
- 2 tbsp Fresh parsley or 2 tbsp Dried
- Salt & Pepper to taste

Directions:

1. In a large soup kettle over medium heat add~ Olive oil, Onion, & Garlic clove. Cook until onions are softened.
2. Add all other ingredients and cook until it comes to a boil & then reduce heat & simmer until barley and vegetables are tender.



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