



Spicy Beef Barley Bean Soup

It's Granny Annie's prize-winning beef recipe

- 1 Tablespoon oil
- 1 medium onion, peeled, chopped
- 1 pound 90% lean ground beef
- 5 cups beef stock, divided
- 1 (16 oz.) prepared medium chunky salsa
- 2 carrots, peeled, julienned cut
- 2/3 cup quick barley
- 1 teaspoon dried basil or 1 Tablespoon minced fresh basil
- 1 (15 oz.) can red beans, rinsed; drained
- 1 cup fresh cauliflower, cut into small florets
- 1/2 to 1 cup frozen peas
- Garnish: fresh basil sprigs

Brown Beef: Place oil in Dutch oven, add onion; cook to soften; add ground beef, breaking into 3/4-inch pieces, cook until no longer pink, about 15 minutes on medium high heat. Pour off fat drippings, if needed.

Add Grains and Veggies: Add beef stock, salsa, carrots, barley, and minced basil. Bring to a boil; reduce heat to low; cover; cook 10 minutes until barley and carrots are tender; stir occasionally.

Add beans, cauliflower and peas; continue cooking until vegetables are crisp-tender about 5 minutes or hot. Add remaining stock for a thinner consistency.

To Serve: Ladle soup into soup tureen; garnish with fresh basil sprigs.
Serves: 4 to 6

Cook's Note: I added fresh onion in place of instant minced onion and dried basil during cooking.

About the Recipe: This hearty soup is perfect for the cold winter days. Filled with nutritious vegetables and easy-to-make barley, it has a lightly spiced beef flavor mixed with red beans.