

YaYa's Beef Barley an Mushroom Soup updated 2017

Below is the original recipe that I posted in 2014 and the when I made it a couple of days ago I made a few changes according to what I had on hand. Either version is a rich and hearty bowl of goodness chilly or rainy days...

Todays changes/adjusted ingredients:

3 cloves of minced garlic

2 cloves of black/fermented garlic

1/2 ounce package of dried porcini mushrooms

8 whole dried shiitake mushrooms

3/4 teaspoon minced fresh rosemary leaves

1 teaspoon fresh thyme leaves, finely chopped

2 leeks, white and light green parts, quartered and chopped

1 medium onion, diced

2 cups mushroom broth

4 cups beef stock Knorr concentrated)

1 can diced tomatoes

3 tablespoons diced sun-dried tomatoes

******Original 2014 recipe***

Beef, Barley & Mushroom Soup

1 large soup pot or Dutch oven

1-2 tablespoons olive oil to sauté meat and vegetables

2 pounds boneless beef short ribs, cut into about 1-1-1/2 inch cubes, seasoned with salt and pepper

2 leeks, white part only cut into quarters and chopped

1 sweet onion, diced

4 carrots, diced

3 stalk of celery, diced

2 cloves of garlic, chopped

Bay leaf sprig with 3 small leaves attached

3 sprigs fresh thyme leaves removed

A couple stems of fresh parsley remove stems, chop parsley

Fresh rosemary, about 6 little spikes removed from stem

4 ounces dried porcini and shiitake mushrooms, soaked, drain liquid and chop rehydrated mushrooms (reserve broth for soup, but strain it before adding to soup)

3/4 pound fresh cleaned sliced mushrooms

Splash of red wine

3/4 cups mushroom broth

6 cups beef broth

1 cup Pomi diced tomatoes

1 cup barley

**optional barley cooked separately in additional beef or vegetable broth*

Brown meat in hot olive oil in a Dutch oven for about 5 minutes turn often. Remove meat add chopped veggies and herbs top pot and sauté for 4 or so minutes (add garlic for last 1/2 minute of sautéing time). Deglaze pot with red wine return beef to pot along with the rest of the ingredients and simmer partially covered for at least an hour, test the beef for tenderness (1-1/2 to 2 hours) add the barley for the last 15 minutes or until barley is tender. I prefer to cook my barley separately in beef or vegetable broth according to package directions and then add to each bowl of soup.