



Long Livo

Slow Cooker Hearty Beef and Barley Soup

15 min

Prep time

4

Servings

8 h

Cook time

Easy

Difficulty

8 h 15 min

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 2 lbs beef chuck, cut into 1-inch cubes
- ☐ 1 cup pearl barley, rinsed
- ☐ 3 carrots, peeled and diced
- ☐ 2 celery stalks, diced
- ☐ 1 large onion, chopped
- ☐ 3 garlic cloves, minced
- ☐ 4 cups low-sodium beef broth
- ☐ 2 cups water
- ☐ 2 tsp fresh thyme leaves
- ☐ 1 bay leaf
- ☐ 2 tbsp olive oil
- ☐ Salt and pepper to taste

Instructions

- 1 Season the beef with salt and pepper, then brown in a skillet with olive oil until golden; this adds a rich base.
- 2 Transfer the beef to the slow cooker, then add carrots, celery, onion, garlic, barley, broth, water, thyme, and bay leaf.
- 3 Set the slow cooker to low and cook for 7-8 hours, or until the beef is fork-tender and the barley is soft.
- 4 Before serving, remove the bay leaf, taste, and adjust seasoning with more salt or pepper if needed.
- 5 Ladle into bowls, drizzle a tiny bit of olive oil, and garnish with a sprinkle of fresh thyme if desired.

Nutrition per serving

420 kcal

Calories

35 g

Protein

35 g

Carbs

14 g

Fat

Tips & notes

- If the soup becomes too thick, add a splash more broth or water.
- For a deeper flavor, brown the vegetables briefly before adding them to the slow cooker.
- Leftovers taste even better the next day as the flavors continue to meld.