Beef and Barley Soup

Makes 16 servings.

Ingredients

- 450g (1 lb) ground beef, cooked
- 6 carrots, diced
- 6 stalks celery, diced
- 1 onion, diced
- 2 L (8 cups) beef stock (or broth)
- 500 ml (2 cups) barley (dry)
- ¼ tsp (1 ¼ ml) garlic powder
- 15 ml (1 tbsp) dry basil
- 500 ml (2 cups) lentils (approximately 1 can, drained and rinsed) OR 2 cups split peas (dry)
- Black pepper

Instructions

1. In a large stock pot (on medium heat), sauté ground beef with vegetables.
2. Once beef is no longer pink, add beef stock, barley and garlic powder, basil. Heat to a gentle boil (stirring regularly), then reduce heat to low.
3. Cover and simmer for about 1 hour or until barley is soft. You may need to add more beef stock or water if too much has evaporated.
4. Add lentils (or split peas) and black pepper, to taste.
5. Simmer until split peas (if using) are soft or until lentils are warmed.
6. Serve warm, with a glass of milk.

TIP:

- You can try adding different vegetables to this soup, like parsnips, turnip, green beans or frozen mixed vegetables.