


08 Beef Barley Soup by Yvette

From Paul Pitre's mom, Yvette Pitre, 2019-12-28

<u>Ingredients</u>	<u>Optional</u>	
¼ c white beans ½ c pearl barley 1 carrot 1 onion 1 clove garlic 1 stick celery 1 c chicken or beef, diced 2L chicken or beef stock	¼ turnip ¼ cabbage ½ c peas ½ c corn 1 can green beans 1 can wax beans	

Important ratio: use ¼ c barley per litre of stock

Mom said she used to soak the barley overnight, but she now doesn't.

1. White beans: *either*: a) wash and soak overnight, then cook the beans 20 minutes before the soup *or* b) with the pressure cooker / Instant pot, cover the dry beans with twice as much water, cook for 20 minutes.
2. Fry in a pan, in either butter or crisco 😊 onions and stew meat that has been cut up in smaller pieces.
3. Bring to a boil: cabbage cut up in small pieces, celery, carrot (peeled with HER peeler 😊), turnip, barley, and beans in their soaking water.
4. If already cooked, add after a small can of peas, drained, wax beans, green beans.
5. Spices - salt, pepper, and she thinks a bit of summer savory
6. If soup not tasty enough, add some beef oxo