

Beef with Barley Soup

From www.prudencepennywise.blogspot.com

Ingredients

(Estimated Cost: \$6.00 for four large servings)

1 lb. stew meat
1 large onion, chopped
2 carrots, peeled and chopped
2 ribs celery, peeled and chopped
1/2 cup chopped mushrooms
1 clove garlic, minced
5 cups beef broth
pinch of crushed red pepper flakes
1 bay leaf
1 tablespoon dried parsley, or 2 tablespoons fresh

Add later:

1/2 cup uncooked pearl barley (quick cooking is fine)
1 tablespoon balsamic vinegar
1 teaspoon brown sugar
fresh parsley, for serving

Directions

Add meat through parsley to crock pot. Cook on low for 6-8 hours, or on high for 3-4 hours. Add barley for last hour of cooking. Stir in vinegar and sugar. Taste and adjust seasonings.

