

## Beef and Barley Soup

1 lb. Beef eye round, cut into ½" cubes  
½ cup flour  
3 Tbs. Canola oil  
1 cup Onion, peeled and diced  
2 stalks Celery, chopped into small pieces  
2 medium Carrots, peeled and chopped into small pieces  
1 Bay Leaf  
1 tsp. Chili powder  
¼ tsp. dried Thyme  
5 Tbs. Pearl Barley (sold in the soup section)  
1 Tbs. Soy Sauce  
4 (15 oz.) Beef Broth, low-salt  
Juice from ½ lemon  
½ cup frozen Green Peas

Add flour to paper or plastic sack. Add meat pieces in batches, fold over bag top and hold firmly. Shake bag to distribute flour over all of the pieces of meat in the bag. Remove floured meat and set aside. Repeat with remaining meat.

Heat a large stockpot on medium. Add oil. When oil is hot, add meat and cook till just done on all sides. Don't worry about the bits of cooked flour in the bottom of the pot. Add onions and cook for another 5 min. The mixture will seem quite dry. Add remaining ingredients (except for peas) and bring to a boil. Scrape the bottom of the pot to dislodge the cooked bits. Transfer the entire mixture into a crockpot. Cook on low for 5-6 hours. Just before serving add frozen peas. Remove bay leaf and serve with hearty bread.