

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.

Lentil Soup

1 ¼ cup dry Lentils
1/3cup Pearl Barley (usually found in the soup section)
4 cups water
1 Tbs. Olive oil
1 Tbs. unsalted Butter
1 medium Onion, peeled and chopped into small pieces
2 stalks Celery, chopped into small pieces
2 medium Carrots, peeled and chopped into small pieces
1 large clove Garlic, peeled and minced
¼ cup fresh Parsley, chopped (or 2 Tbs. dried)
1 tsp. dried Basil
4 Chicken bouillon cubes (1 cube for 8oz. water)
8 oz. Beer
1 ½ Tbs. Soy sauce, low-salt
2 Bay leaves
2 (15 oz.) cans Chicken broth, low salt
4-5 Knackwurst sausages (optional)

Wash lentils in colander and check for stones. Combine with barley and water in a medium stockpot. Bring to a boil, reduce heat, cover and simmer for 30-40 min.

Meanwhile, heat oil and butter in a frying pan over medium heat. Add carrots, celery and garlic and sauté about 5-6 minutes until onions are soft. Add parsley and basil and cook another minute or so.

When peas and barley have cooked, transfer them (including any liquid) to a crockpot. Add sautéed vegetable mixture, chicken broth, bouillon, beer, soy sauce, bay leaves and chicken broth. Stir mixture and cook on low for 5-6 hours.

If you would like to add a bit of meat, twenty minutes before ready to serve, slice sausage and quarter. Add meat to the soup.

Serve with hearty bread.