

Old Fashioned Beef Barley Soup...

I grew up on this soup...my Mother made it my whole life and she taught me how to make many different soups...its actually quite easy with a couple of key ingredients...I used a 20 qt. stock pot...so cut the recipe if you do not need this much or I always give it away...everyone loves it. The Rutabaga and the Whole Allspice are critical...do not eliminate them. Also, am not responsible if you use box beef stock/cubes and such substitutions...I will not make any soup without the Tone's beef or chicken base...its what restaurants use and you can order it on Amazon or Sam's Club has it...

I make this kind of all day long...

3 lb Beef Roast-cubed

Medium Onion-Chopped, but not too fine

2 cups of Celery and the pretty leaves

5-6 large Carrots-about 1/4" slices

Rutabaga-cubed- about 3/4" or so

Half a large cabbage or 1 small one-1/2" sliced

6 large Potatoes peeled and and cubed-3/4 to 1"

1 cup of barley

Bag of mixed frozen veggies-peas, corn, carrots and green beans

Salt and Lawry's Seasoned Pepper

Tones Beef Base-also good for seasoning your gravy

Whole Allspice



Brown the beef in the bottom of the stock pan with olive oil or butter, chopped onions and salt and pepper.

Once beef is browned fill the pot about 3/4 full.

Add the rest of the veggies-except the cabbage...a couple of heaping spoonfuls of the beef base and fill a metal spice holder with a bunch of whole allspice and drop it in. (My Mom used to let them in without the cage and if you didn't know to look for them they are nasty to bite into when eating...She called them Kubabas...



Bring to a boil and then turn down and let the soup simmer for a couple of hours on the lowest it will go. Check often and stir...This is a good time to stitch a little.

When the soup is looking good and smelling up the house, put the cabbage in and the cup of barley...let simmer some more. I like the cabbage to cooked but not be disintegrated. The barley will thicken up the soup a bit and if you need more liquid you can always add more water, and more beef base if needed, which I always do...The soup will be real flavorful...if yours is not add more beef base. Remove the spice ball and serve with a nice crunchy roll with lots of butter. Dip that bread into the soup...can't beat it!!!

You really cannot mess this up...I have tried to write it down exactly how I make it...It's really good for lunches all week...and it's best after its been reheated or the 2nd day...so If you have any questions...just FB message me.

Lisa Bongean/Primitive Gatherings
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