



Beef, Mushroom, and Barley Soup

 Dairy Free

READY IN



12840 min.

SERVINGS



10

CALORIES



141 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound beef ribs
- ☐ 0.5 teaspoon pepper black
- ☐ 2 carrots cut into 1/4-inch dice
- ☐ 2 rib celery stalks cut into 1/4-inch dice
- ☐ 0.5 pound crimini mushrooms fresh trimmed quartered
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 1.5 oz mushrooms dried
- ☐ 2 cups onion chopped

- ☐ 0.5 cup quick-cooking barley
- ☐ 2.5 teaspoons salt
- ☐ 2 tablespoons vegetable oil
- ☐ 3 cups water cold

Equipment


- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ sieve
- ☐ slotted spoon
- ☐ cutting board

Directions

- ☐ Soak dried mushrooms in boiling-hot water in a bowl until softened, about 20 minutes.
- ☐ Drain in a paper-towel-lined sieve set over a bowl and reserve soaking liquid. Rinse mushrooms, pat dry, and finely chop.
- ☐ Bring soaked mushrooms, soaking liquid, ribs, salt, pepper, and remaining 8 cups water to a boil in a 6- to 8-quart pot, then reduce heat and simmer, partially covered, skimming foam, until meat is just tender, about 1 hour.
- ☐ Transfer ribs with a slotted spoon to a cutting board to cool, reserving broth.
- ☐ While meat simmers, cook onion, carrots, celery, and creminis in oil in a 12-inch heavy skillet over moderate heat, stirring occasionally, until well browned, 15 to 20 minutes. Stir in barley and cook, stirring, 1 minute.
- ☐ Discard bones, fat, and gristle from meat, then cut meat into 1/2-inch pieces and add to broth along with barley mixture. Simmer, uncovered, until barley is tender, about 40 minutes. Skim fat from surface, then stir in dill and salt to taste.
- ☐ Soup without dill can be made 3 days ahead and cooled, uncovered, then chilled, covered.
- ☐ Remove any solidified fat before reheating.

Nutrition Facts



 **PROTEIN 23.69%**  **FAT 39.6%**  **CARBS 36.71%**

Properties

Glycemic Index:18.48, Glycemic Load:1.1, Inflammation Score:-9, Nutrition Score:10.527826089574%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.11mg, Isorhamnetin: 2.11mg, Isorhamnetin: 2.11mg, Isorhamnetin: 2.11mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.17mg, Quercetin: 7.17mg, Quercetin: 7.17mg, Quercetin: 7.17mg

Nutrients (% of daily need)

Calories: 141.04kcal (7.05%), Fat: 6.33g (9.73%), Saturated Fat: 1.9g (11.86%), Carbohydrates: 13.2g (4.4%), Net Carbohydrates: 10.52g (3.82%), Sugar: 2.49g (2.77%), Cholesterol: 19.54mg (6.51%), Sodium: 619.51mg (26.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.52g (17.03%), Vitamin A: 2133.1IU (42.66%), Selenium: 15.01µg (21.44%), Vitamin B12: 1.15µg (19.11%), Zinc: 2.17mg (14.48%), Vitamin B3: 2.78mg (13.91%), Phosphorus: 130.42mg (13.04%), Manganese: 0.26mg (12.95%), Vitamin B2: 0.21mg (12.36%), Vitamin B6: 0.24mg (12.12%), Copper: 0.22mg (11.23%), Fiber: 2.68g (10.71%), Potassium: 357.74mg (10.22%), Iron: 1.27mg (7.08%), Vitamin K: 7.18µg (6.84%), Vitamin B1: 0.1mg (6.59%), Vitamin B5: 0.62mg (6.17%), Magnesium: 23.84mg (5.96%), Folate: 20.93µg (5.23%), Vitamin C: 4.18mg (5.07%), Calcium: 26.6mg (2.66%), Vitamin E: 0.32mg (2.1%)