



Beef Mushroom Barley Soup

READY IN

ready

215 min.

SERVINGS

servings

8

CALORIES

calories

99 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 pounds beef shin on the bone trimmed
- ☐ 0.8 pound button mushrooms trimmed quartered
- ☐ 1 cup tomatoes canned chopped
- ☐ 2 tablespoons canola oil
- ☐ 1 carrots diced
- ☐ 1 rib celery diced
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 3 tablespoons flat-leaf parsley minced
- ☐ 8 servings kosher salt and pepper black freshly ground

- ☐ 0.5 onion diced
- ☐ 0.3 cup pearl barley rinsed
- ☐ 1 tablespoon butter unsalted
- ☐ 6 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Heat a large soup pot or Dutch oven over medium-high heat; add 2 tablespoons of the oil. Season the meat generously with salt and pepper. Sear the meat on all sides until well browned; this will take about 15 minutes. Set the meat aside and wipe the pan out with a paper towel. Lower the heat to medium, add the oil to the pan.
- ☐ Add the carrot, onion, and celery to the pan and saute until tender, about 10 minutes. Return the meat to the pan with the water. Bring to a boil, adjust the heat to maintain a gentle simmer, cover, and cook for 1 1/2 hours or until the meat is just tender.
- ☐ Add the thyme, barley, and tomato, continue to simmer the soup, covered, for 45 minutes.
- ☐ Meanwhile, in a medium saute pan, heat the butter over medium-high heat, add the mushrooms and saute until golden, about 10 minutes. Season the mushrooms with salt and pepper to taste, and add them to the soup, and simmer for 15 minutes more.
- ☐ Remove the meat from the soup; cut the meat from the bone and dice. Skim any fat from the surface of the soup with a ladle or large spoon. Return the meat to the soup with the parsley. Season the soup with salt and pepper to taste.
- ☐ Serve in warm bowls.

Nutrition Facts



 PROTEIN **10.87%**  FAT **44.81%**  CARBS **44.32%**

Properties

Glycemic Index:29.98, Glycemic Load:1.36, Inflammation Score:-8, Nutrition Score:9.0743478730969%

Flavonoids

Apigenin: 3.38mg, Apigenin: 3.38mg, Apigenin: 3.38mg, Apigenin: 3.38mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 99.4kcal (4.97%), Fat: 5.3g (8.15%), Saturated Fat: 1.22g (7.64%), Carbohydrates: 11.79g (3.93%), Net Carbohydrates: 8.98g (3.27%), Sugar: 2.98g (3.31%), Cholesterol: 3.76mg (1.25%), Sodium: 62.3mg (2.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.78%), Vitamin K: 32.74µg (31.18%), Vitamin A: 1536.31IU (30.73%), Copper: 0.27mg (13.31%), Vitamin B2: 0.21mg (12.22%), Vitamin B3: 2.41mg (12.06%), Manganese: 0.23mg (11.53%), Fiber: 2.81g (11.23%), Selenium: 7.37µg (10.52%), Potassium: 305.2mg (8.72%), Vitamin C: 6.82mg (8.26%), Vitamin B5: 0.8mg (7.95%), Vitamin E: 1.12mg (7.46%), Phosphorus: 72.1mg (7.21%), Vitamin B6: 0.14mg (6.79%), Iron: 1.04mg (5.79%), Vitamin B1: 0.08mg (5.61%), Magnesium: 21.48mg (5.37%), Folate: 20.15µg (5.04%), Zinc: 0.56mg (3.71%), Calcium: 29.51mg (2.95%)