



Rich Beef Barley Soup

 Dairy Free

READY IN



155 min.

SERVINGS



6

CALORIES



601 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 2 pounds beef oxtails
- ☐ 10 cups beef broth canned
- ☐ 2 cups carrots diced () (4 carrots)
- ☐ 1 cup celery diced () (2 stalks)
- ☐ 2 sprigs thyme leaves fresh
- ☐ 2 garlic cloves minced
- ☐ 6 servings kosher salt and pepper black freshly ground

- ☐ 2 cups leeks light white green chopped (2 leeks)
- ☐ 1 tablespoon olive oil good
- ☐ 1 cup pearled barley
- ☐ 1 cup onion yellow chopped

Equipment

- ☐ pot
- ☐ slotted spoon
- ☐ dutch oven
- ☐ kitchen twine

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the olive oil in a large pot or Dutch oven, such as Le Creuset.
- ☐ Add the oxtails, 1 teaspoon salt, and 1/2 teaspoon pepper and cook over medium-high heat, stirring occasionally, for 10 minutes until browned all over.
- ☐ Remove the oxtails with a slotted spoon and reserve.
- ☐ Add the leeks, carrots, onion, celery, and garlic to the fat in the pot and cook over medium heat, stirring occasionally, for 10 minutes, until the vegetables start to brown. Tie the thyme sprigs together with kitchen string and add to the pot along with the bay leaves. Return the oxtails to the pot and add the broth, 1 teaspoon of salt, and 1 teaspoon of pepper. Raise the heat and bring to a boil. Lower the heat, cover, and simmer for 1 hour. Discard the thyme bundle and the bay leaves, and skim off the fat.
- ☐ Meanwhile, bring 4 cups of water to a boil and add the barley. Simmer uncovered for 30 minutes, drain, and set aside.
- ☐ When the soup is ready, add the barley and cook the soup for another 15 or 20 minutes, until the barley is tender. Depending on the saltiness of the stock, the soup might need another teaspoon of salt and some pepper.
- ☐ Serve hot, with or without the oxtails.

Nutrition Facts



Properties

Glycemic Index:40.81, Glycemic Load:3.28, Inflammation Score:-10, Nutrition Score:30.106086803519%

Flavonoids

Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 600.85kcal (30.04%), Fat: 34.1g (52.47%), Saturated Fat: 12.49g (78.08%), Carbohydrates: 37.87g (12.62%), Net Carbohydrates: 30.11g (10.95%), Sugar: 4.81g (5.35%), Cholesterol: 107.35mg (35.78%), Sodium: 1642.49mg (71.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.17g (70.34%), Vitamin A: 7725.45IU (154.51%), Vitamin B12: 3.52µg (58.59%), Vitamin B3: 11.68mg (58.42%), Selenium: 38.73µg (55.34%), Zinc: 7.26mg (48.37%), Phosphorus: 403.75mg (40.37%), Vitamin B6: 0.8mg (40.11%), Manganese: 0.79mg (39.53%), Fiber: 7.76g (31.03%), Iron: 5.41mg (30.04%), Potassium: 997.86mg (28.51%), Vitamin K: 29.65µg (28.24%), Vitamin B2: 0.4mg (23.49%), Magnesium: 79mg (19.75%), Folate: 64.76µg (16.19%), Copper: 0.31mg (15.49%), Vitamin B1: 0.2mg (13.38%), Vitamin B5: 1.17mg (11.74%), Vitamin C: 9.44mg (11.44%), Calcium: 109.38mg (10.94%), Vitamin E: 1.57mg (10.46%), Vitamin D: 0.15µg (1.01%)