



Noreen's Kitchen

Slow Cooker

Beef Barley Soup

Ingredients

2 pounds beef stew meat	1, 15 ounce can diced tomatoes
4 cups beef stock	1 teaspoon dried Marjoram
1 pound sliced Crimini mushrooms	1/2 teaspoon Thyme
4 carrots, sliced	4 cups water
2 stalks celery, sliced	1 1/2 cups pearl barley (Not quick Barley)
1 large onion, diced	Salt and pepper to taste
2 cloves garlic, minced	

Step by Step Instructions

Place all ingredients except the barley into the vessel of your slow cooker. Give everything a good stir and set on high for 6 hours.

Once the initial cooking time has expired, add the barley to the soup and stir well. Return the lid and continue to cook on high for 45 to 90 minutes or until the barley is cooked through and just a bit chewy.

When the barley is done, your soup is ready to enjoy.

Leftovers can be stored in an airtight container (I like mason jars) in the fridge for up to a week or frozen in an airtight container for up to 3 months.