



Beef Barley Soup

4 meaty beef soup bones
3 scallions, trimmed
3 large garlic cloves, peeled and smashed
1 celery stalk with leaves
1 cup frozen vegetable medley (carrots, peas, corn), thawed
1 large Russet potato, peeled and diced
½ cup barley
8 cups water
Salt & pepper

- Rinse and pat dry the soup bones.
- Place the bones in a stockpot. Wrap the scallions and celery around the bones. Add the garlic and the water. Season generously with salt and pepper.
- Bring to a boil and simmer for 2 hours.
- Remove the scallions and celery.
- Add the vegetables and barley.
- Cook for 20 minutes and add the potato.
- Cook for an extra 20 minutes.
- Serve with crackers.

Crock-pot version:

Simply place all the ingredients in a crock-pot. Cook for 4 to 5 hours on high or 6 to 7 minutes on low.