

# Hearty Vegetable & Beef Barley Soup



## Ingredients

- 1/2 lb lean ground beef
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 7 cups water
- 1/2 cup Quaker® - Medium Barley
- 1/2 cup sliced celery
- 1/2 cup sliced carrots
- 1/2 tsp basil
- 1 bay leaf
- 1 bag of frozen vegetables (9 oz)

## How to make it

1. In 4-quart saucepan or Dutch oven, brown ground beef.
2. Add onion and garlic.
3. Cook until onion is tender; drain off juices.
4. Add remaining ingredients except frozen vegetables.
5. Cover, bring to a boil.
6. Reduce heat; simmer 50-60 minutes, stirring occasionally.
7. Add frozen vegetables; cook about 10 minutes or until vegetables are tender.
8. Add additional water if soup becomes too thick upon standing.

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	60 min	70 min	12

## Made with



Quaker® - Medium Barley