

BEEF AND BARLEY SOUP

INGREDIENTS

- 4 cups store-bought beef broth reduced in salt
- 4 cups water
- 3 cups frozen vegetable mix for spaghetti sauce
- 1 cup pearl barley
- 1 package of beef fondue

PREPARATION

1. In a large saucepan, combine broth, water, vegetables, and barley.
2. Bring to a boil over high heat, reduce heat to medium and simmer 30 minutes or until barley is tender.
3. Meanwhile, fry the beef in a skillet. Cook 2 minutes on each side.
4. Chop the beef slices and add to the broth.
5. Adjust seasoning and add broth if needed.

Recipe adapted from: <https://cuisinez.telequebec.tv>

apainintheneck.org

The information on this website is not intended as medical advice nor should it replace advice, expertise, and information given by a member of your healthcare team.