

Beef Barley Soup

You'll need: Stove, a large pot, measuring cups, measuring spoons, a large spoon

Preparation Time: 30 minutes

Cook Time: 30 minutes

Ingredients	Amount for 6 servings
Ground Meat (Caribou, beef, muskox)	1 pound
Vegetable Oil	2 tablespoons
Onions, chopped	2 whole
Celery, chopped	5 stalks
Water	6 cups
Pot Barley	½ cup
Canned Mushrooms	Two, 4 ounce cans
Large can of diced tomatoes	1 can, 796ml
Pepper	To taste

Method:

Step 1: Cook meat over medium heat until brown. **Step 2:** Add oil, chopped onions and celery, and stir. Cook until vegetables have softened, 5-10 minutes.

Step 3: Add the water, barley, canned mushrooms, tomatoes, salt and pepper.

Step 4: Turn the heat to high and bring to a boil. **Step 5:** Reduce heat so that soup is bubbling very slowly. **Step 6:** Cover and cook for 30-40 minutes, until barley is tender, stirring occasionally.

Nutrients per Serving

Calories: 285 kcals

Fat: 16.0g

Sodium: 385mg

Fiber: 3.0g

Protein: 24.0g