



DINNERLY



Hearty Beef & Barley Soup with Sweet Carrots

 20-30min  2 Servings

Hearty beef and mixed grain soup—a comforting stand-by on your sickest days, through the coldest weather, and even, honestly, the best conditions, because this recipe is delicious no matter the temperature! This quick-cooking mixed grains blend is just the speedy, nutritious magic you think it is, and tender sirloin strips brown beautifully before throwing the rest of the ingredients into the p...

WHAT WE SEND

- quick-cooking grains blend
- beef sirloin strips
- yellow onion
- 1 packet beef broth concentrate
- carrots

WHAT YOU NEED

- coarse salt
- freshly ground pepper
- olive oil

TOOLS

ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 525.0kcal, Fat 15.4g, Proteins 43.6g, Carbs 48.9g



1. Prep vegetables

Cut **onion** in half, then peel and chop. Peel **carrots** and thinly slice into rounds.



2. Prep beef

Pat **beef strips** dry with a paper towel and cut each strip into 1-inch lengths. Season beef with $\frac{1}{4}$ **teaspoon salt** and **several grinds pepper**.



3. Brown beef

Heat **1 tablespoon oil** in a medium pot over medium-high. Add **beef strips** and $\frac{1}{2}$ **teaspoon salt**, and cook until browned and liquid is evaporated, 3–5 minutes.



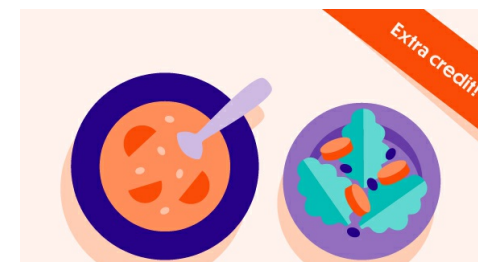
4. Cook vegetables

Add **onion** and **carrots** to pot along with $\frac{1}{2}$ **teaspoon salt** and cook until softened, about 2 minutes.



5. Add barley

Add **3 cups water** and **beef broth packet** to the pot and bring to a boil. Stir in **barley** and reduce to a simmer. Cook until **barley** is tender, about 5 minutes; season to taste with **salt** and **pepper**. Divide **soup** between 2 bowls. Enjoy!



6. Add your flair

Salad is an obvious choice for partnering with this hearty stew. Think outside the usual head of lettuce though and opt for a single crunchy vegetable like cucumbers, jicama, or bell pepper drizzled with vinegar and sprinkled with salt. Better yet, parsley leaves, tossed with vinegar or not, make a refreshing salad-y type topper right in the bowl.