



Vera's Hearty Soup

Ingredients

- 1 tbsp vegetable oil
- 2 stalks celery - chopped
- 2 medium potatoes - diced
- ½ cup of pearl barley - rinsed
- 1 lb steak, cut into bite size cubes
- 2 carrots - diced
- 1 medium onion - chopped
- 7 or 8 mushrooms - sliced
- 1 cup frozen peas
- 1 cup frozen corn
- 8 cups beef stock
- Worcestershire sauce
- Italian seasoning



Directions:

1. Sauté onions and steak, until browned, in oil
2. Add celery, mushrooms and carrots
3. Season with Italian seasoning, salt and pepper to taste
4. Continue to sauté for a couple of minutes
5. Add Beef stock and bring to a boil
6. Add potatoes and barley
7. Cover and let simmer for 1 hour
8. Add frozen peas and corn
9. Add Worcestershire sauce to taste
10. Continue to simmer for 15 minutes or until barley is cooked
11. Enjoy!