



Category: Main Courses

## Hearty Beef Soup

**Angela Harder**

1 1/2 cups dried Ground Beef

1 onion

1 Tbsp Oil

540ml can (canned or dried) Diced Tomatoes

1/2 cup dried or 3 fresh Dried carrots

1/4 cup dried or 1 fresh green pepper

1/4 cup dried or 3 stalks fresh celery

pre-mix: (put in small ziploc)

2 Tbsp beef bouillon powder

1 cup barley

2 bay leaves

1/2 tsp each salt, pepper, cayenne

Combine all ingredients in large pot. Add 6 cups of water. (add an extra 1-2 cups if using dried vegies) Bring to a boil and simmer for about 45min. Great with Italian herb bread!

serves 6 people