



# Hearty Vegetable & Beef Barley Soup

 **SERVINGS**

12

 **COOKING TIME**

60 min

All it takes is one pot, vegetables, and tender beef to create a hearty soup perfect for any night of the week.

## Ingredients

- 1/2 lb lean ground beef
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 7 cups water
- 1/2 cup [Quaker® - Medium Barley](#)
- 1/2 cup sliced celery
- 1/2 cup sliced carrots
- 1/2 tsp basil
- 1 bay leaf
- 1 bag of frozen vegetables (9 oz)

## Cooking Instructions

1. In 4-quart saucepan or Dutch oven, brown ground beef.
2. Add onion and garlic.
3. Cook until onion is tender; drain off juices.
4. Add remaining ingredients except frozen vegetables.
5. Cover, bring to a boil.
6. Reduce heat; simmer 50-60 minutes, stirring occasionally.
7. Add frozen vegetables; cook about 10 minutes or until vegetables are tender.
8. Add additional water if soup becomes too thick upon standing.