

Hearty Beef, Barley & Kale Soup

From – Fresh from the Farmstand

1 Tbsp oil
1 lb. Lean boneless beef, diced
2/3 to 1 cup onion, chopped
6 cups beef broth
2 cups carrots, peeled and diced
½ cup pearled barley, uncooked
1 tsp dried thyme
½ tsp salt (optional)
1 lb kale, trimmed and chopped
8 oz sliced mushrooms

- Heat oil in a large heavy soup pot over medium-high heat.
- Add beef and onion. Cook until beef is well browned. Drain.
- Add broth, carrots, barley, thyme and salt, if using.
- Bring to a boil. Reduce heat. Cover and simmer for one hour or until beef and barley are tender.
- Add kale and mushrooms to soup pot. Return to a boil.
- Reduce heat. Cover and simmer for another 5 to 10 minutes, until kale and mushrooms are tender.



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