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by ewfood

Barley and Thyme Soup

Ingredients

1lb beef, cubed
7oz barley
1 onion, chopped
the stalks and leaves of one fennel, diced
5 sticks of celery, chopped
5 carrots, chopped
2 garlic cloves, minced
2 tomatoes, chopped
0.5oz. sea salt
0.5oz. cumin
0.5oz. ground thyme
1 tsp. ground fennel
1tsp. ground anise
1tsp. dried mint
1tsp. dried thyme
½ tsp. cayenne pepper
½ tsp. black pepper
½ tsp. turmeric
1 gallon water (for the soup)
16fl oz. water (to cook the barley)

Servings
5
Person

Preparation

1. In a pressure cooker, Brown the beef in some olive oil
2. Toss in the chopped onion, garlic and tomatoes
3. Cook for 2 to 3 minutes then add all the spices and herbs, salt then a cup of water
4. Bring it to a boil
5. Add the remaining vegetables to the mixture
6. Pour the remaining water and close the lid
7. Let it cook and count 15 min after the whistle starts
8. In a saucepan cook the water and barley for about 15 min
9. Drain and add to the soup
10. Bring the soup to a boil for 5 minutes
11. Serve warm.

Cooks Note

Serves 5 to 7