



Posted on 17 September 2012
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