



Slow-Roasted Beef Barley Soup

Makes: 12 servings

Prep Time: 30 minutes Cook Time: 3 hours

Total Time: 3 hours & 30 minutes

Ingredients

For the Soup:

- 3 slices smoky bacon (2, if using thick-cut bacon)
- 1 large sweet onion, diced small
- 1 medium shallot, finely chopped (about 1/2 cup chopped shallots)
- 1 large yellow bell pepper, diced small
- 4 cups low-sodium chicken broth
- 1 (11-ounce) bottle or can dark ale
- 2 pounds well-marbled chuck roast, trimmed of fat and cut into 1/2-inch pieces,
- 1 (15-ounce) can of fire-roasted tomatoes
- 1 (6 ounces) can tomato paste
- 1/4 cup basil pesto
- 2 medium bay leaves
- 4 tsp Italian seasoning
- 1 tbsp brown sugar
- 2 tsp Worcestershire sauce
- 2 tsp finely chopped fresh rosemary
- 2 & 1/2 tsp kosher salt
- 1/2 tsp freshly ground black pepper

After 1 & 1/2 hours:

- 8 ounces carrots, sliced about 1/4-inch thick
- 2/3 cup pearled barley

For Finishing:

- 2 tsp finely chopped fresh rosemary
- 1 cup tiny corn canned or frozen

Instructions

For the Soup:

Preheat the oven to 300°F.

Heat a large soup pot or Dutch oven (5-7 quarts) over medium heat. Add the diced bacon and cook, stirring occasionally, until the bacon is crisp and has rendered most of the fat. With a slotted spoon, remove the bacon and set aside.

There should be about 2 tablespoons of bacon fat left in the pan. If there is more, remove and discard any extra. If there is not quite 2 tablespoons add a little extra virgin olive oil.

Reduce the heat slightly and add the onion, shallots and bell pepper. Sauté until the onion is soft and slightly transparent,

Add the chicken broth, ale, diced chuck roast, reserved bacon, fire-roasted tomatoes, tomato paste, pesto, bay leaves, Italian seasoning, brown sugar, Worcestershire sauce, fresh rosemary, salt and pepper. Stir to combine and cover. Place the soup pot or Dutch oven in the preheated oven and cook for 1 & 1/2 hours.

After 1 & 1/2 hours:

Remove the pot from the oven and add the carrots and barley. Cover again and return the pot to the oven for another 1 & 1/2 hours.

For Finishing:

Remove the pot from the oven and add the fresh chopped rosemary and the corn. Cover and allow the soup to sit for at least 10 minutes before serving.

Recipe from The Cafe Sucre Farine