

# Vegetable, Beef, and Barley Soup

*This recipe makes about 22 cups of soup*



## Ingredients

**3 lbs** lean hamburger  
**4 bunches** green top onions, chopped, or **2 medium** onions, finely chopped  
**64 oz** beef bone broth  
**4 - 14 oz cans** petite diced tomatoes  
**2 cups** water  
**2 - 10.75 oz cans** condensed tomato soup  
**½ small bag** shredded carrots  
**6** celery stalks, finely chopped  
**8 Tbsp** pearl barley  
**½ tsp** thyme  
**1 Tbsp** smoked paprika  
**2 tsp** Bragg sea kelp delight seasoning

## Directions:

1. Brown the hamburger and onions together in a pan on the stove. When done, blot as much grease from the mixture as possible.
2. While browning the hamburger and onions, add everything else to your Instant Pot and turn to sauté, stirring occasionally to keep the barley from clumping.
3. Add the browned hamburger and onions to the Instant Pot, put the lid on, and cook under high pressure for 30 minutes. Allow a 20-minute natural release.
4. Carefully open the lid.
5. Allow the soup to cool, then spread it evenly across parchment-lined trays. Use dividers and set to 10 portions to pre-portion if desired.
6. Freeze until solid.
7. Freeze dry (my cycle time was 48 hours)
8. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

To rehydrate 1 serving (three portions), add the freeze-dried soup to a bowl or pot. Pour 1.5 to 2 cups of hot water over it, stirring gently. Let sit for 5-10 minutes, stirring occasionally. Add more water if needed until it reaches the desired consistency.

## Notes:

For a similar texture and thickening effect, brown rice makes a great gluten-free alternative with a slightly chewy consistency. Quinoa is another option, offering a lighter texture while adding extra protein. Farro, bulgur, and couscous also work well, with farro providing a nutty chewiness, bulgur softening quickly, and couscous being a fast-cooking substitute with a mild wheat flavor.

## Nutritional Value Per 1 ½ cup serving

Calories: 205 Protein: 16 g Fat: 8 g Carbohydrates: 17 g Sugar: 8 g Fiber: 3 g