

Vegetable, Beef and Barley Soup

This recipe will fill 3 medium trays with a few bowls left over*

Contributed by: Kathryn Grace

Ingredients:

3 lbs Lean Hamburger	½ small bag of shredded Carrots
4 bunches of Green Top Onions chopped or 2 medium Onions finely chopped	6 Celery Stalks, finely chopped
64 oz Beef Bone Broth	8 Tbsp Pearl Barley
4 - 14 oz cans Petite Diced Tomatoes	½ tsp Thyme
2 C Water	1 Tbsp Smoked Paprika
2- 10.75 oz cans Condensed Tomato Soup	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 you can.
2. While browning the hamburger and onions, add everything else to your Instant Pot, and turn to Saute, stirring occasionally to keep the barley from clumping.
3. Add the browned hamburger and onions, put the lid on and cook under high pressure for 30 minutes, allowing time for a 20 minute natural release.
4. Be careful opening the lid
5. Allow the soup to cool, spread evenly across parchment lined trays, you can use dividers to pre-portion your soup.
6. Freeze until frozen solid.
7. Freeze Dry
8. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: Varies

Rehydration: Bring 1 - 1½ C of water to boiling, Add a little bit of water, stir, let sit for 2-3 minutes covered, check consistency, and repeat until soup reaches the desired consistency



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Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray