**Beef and Barley Soup**

Makes about 8 portions (2 ½ quarts)

1 tablespoon oil

2 cup diced onion

1 teaspoon minced garlic clove

1 cup carrots

½ cup celery

12 ounces cooked diced beef

8 cups beef broth

1 cup diced tomatoes

½ cup diced bell pepper

2/3 cup barley

1 tablespoon Worcestershire sauce

1/8 teaspoon dried thyme

1 bay leaf

2 tablespoons fresh parsley

salt & pepper to taste

**Method**

1. Cook onions and garlic in oil over medium heat until softened.
2. Add remaining ingredients and bring to a boil. Reduce heat and simmer covered about 40-50 minutes or until barley is cooked.
3. Remove bay leaf and serve.