



early childhood community development centre

Beef, Barley, and Cabbage Soup

Ingredients

- 1 Tablespoon vegetable oil
- 2 onions, chopped
- 2 stalks celery, chopped
- 2 medium carrots, peeled and chopped
- 12 oz (375 g) lean beef (e.g. round steak) cut into ½ inch cubes
- 4 cups cabbage, shredded
- 1 Tablespoon chopped garlic
- 1 can (28 oz/796 mL) crushed tomatoes
- 7 cups beef stock (or 3 cans beef broth + 3 cans water)
- 2 Tablespoons granulated sugar
- ¾ cup pearl barley
- pepper

Directions - Makes 12 1-cup servings

1. In a large pot, heat oil over medium-high heat
2. Add onions, celery, carrots, and beef; cook for 4 to 5 minutes, until beef is no longer pink
3. Stir in cabbage, garlic, tomatoes, beef broth, water, sugar, barley and pepper to taste.
4. Bring to a boil; cover, reduce heat to low and simmer for 45 minutes to 1 hour or until barley is tender.

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