

BEEF, BEAN & BARLEY SOUP

INGREDIENTS

1 (3-pound) chuck roast, fat trimmed, cut into approximately 1-inch pieces
1 tablespoon kosher salt, plus more for serving
4 tablespoons extra-virgin olive oil, divided
1 small yellow onion, diced
2 large carrots, peeled and diced
3 celery ribs, diced
3 garlic cloves, minced
2 tablespoons tomato paste
2 teaspoons fresh thyme leaves
8 cups beef stock
1 tablespoon low-sodium soy sauce
1 cup pearl barley
1 can red kidney beans
Salt and black pepper, to taste
Finely chopped fresh flat-leaf parsley leaves, for serving (optional)

DIRECTIONS

Season the beef all over with salt. Heat 2 tablespoons of the olive oil in a Dutch oven over medium-high heat. Once the oil just begins to smoke, working in batches, add the meat and cook until browned, 2 to 3 minutes per side. Transfer the meat to a plate. Divide your divide your mire poix to two piles, setting one aside until after the braise.

Reduce the heat to medium. Add 1 tablespoon oil, onion, carrots, and celery and cook, stirring constantly, until softened, about 5 minutes. If the vegetables are sticking to the bottom of the pot, add a bit of water and scrape up the browned bits. Add the garlic and cook, stirring, until fragrant, about 1 more minute. Stir in the tomato paste.

Return the meat to the pot along with any collected juices. Add the thyme leaves, beef stock and soy sauce. Increase the heat to high and bring to a boil, then cover the pot, reduce the heat to low and simmer for 60 minutes.

Remove the meat (which should be fall-apart tender) and strain the broth to catch the solids; discard. Wipe out the pot (no need to wash) and add the remaining 1 tablespoon olive oil. Once shimmering, add the second batch of mire poix and sauté 5-6 minutes until slightly tender. Return meat and broth to the pot.

Stir in the barley and simmer uncovered, stirring occasionally, until the beef and barley are tender, for about 30 more minutes. With 5 minutes remaining, add the kidney beans. Taste and season with more salt and pepper, if desired. Garnish with parsley when serving.

Note: If using quick cooking barley, simmer the meat for a total of 80 minutes then add the barley and simmer for an additional 10 minutes, or until tender.