

Meals in Bags: Beef and Barley Soup

In the paper bag place the following:

- 1 pint canned beef chunks
- 1 small can tomato paste
- Dry soup mix in a pint jar (See below)

Ingredients to have on hand when making the soup:

- Olive oil
- Worcestershire sauce
- Soy Sauce
- Optional: Fresh parsley

For the dry soup mix, layer the following in a pint jar:

- $\frac{3}{4}$ cup pearly barley
- $\frac{1}{2}$ tsp each of dried minced garlic, dried rosemary, dried thyme
- Chicken or vegetable bouillon cubes to make 4 cups broth
- In a separate baggie: $\frac{1}{4}$ cup each of dehydrated celery, onion, carrots

Putting it all together

- Reconstitute the celery, onions, and carrots in 2 cups water. When soft, drain veggies and reserve the remaining water, and add more water to make 4 cups.
- In a 4-quart pot, heat 1 tbsp olive oil and add softened veggies. Saute until slightly golden.
- Add 3 tbsp tomato paste to the pot and the about a cup of the water and stir together.
- Add remaining water, bouillon cubes, and remaining ingredients in the soup mix along with salt and pepper to taste.
- Stir in 2 tsp soy sauce and 1 tsp Worcestershire sauce.
- Simmer on low heat until barley is nearly done.
- Add beef chunks and its liquid and heat until meat is hot and soup is done.
- Serve hot garnished with minced fresh parsley.