

## Leftover Tri-Tip & Barley Soup



Treat this recipe as you would any homemade stew recipe—adding whatever you have on hand and what sounds good to you!

A hearty soup. For an evening meal, serve with a garden salad and fresh-baked bread.

1 Tbsp olive oil  
1 onion, chopped  
1 garlic clove, minced  
2 carrots, sliced  
1 stalk celery, sliced  
2 cups cooked tri-tip roast beef\*  
6 cups chicken broth  
1 14-oz can petite diced tomatoes, undrained  
1/2 green pepper, diced

2/3 cup pearl barley  
1 Tbsp Worcestershire sauce  
1/4 tsp dried thyme  
1 package beef gravy mix  
2 Tbsp fresh parsley  
(or 2 tsp dried parsley)  
1 bay leaf  
salt & pepper, as needed

- Cook onions and garlic in olive oil over medium heat until softened. Add to a crockpot along with all remaining ingredients and cook on low for six or seven hours.
- Remove bay leaf and serve.

### Notes:

\*Any leftover roast beef may be used, but tri-tip roast is especially flavorful. Leftover baked chicken or turkey, or browned lean ground beef, may be used instead of roast beef. If using cooked chicken or turkey, replace beef gravy mix with chicken gravy mix.

Like beans? Add 1/4 can Northern beans, drained, before cooking.

An hour before serving, check the soup. If lacking in flavor, add a Tablespoon of *Better than Bouillon* Roasted Beef Base or Roasted Chicken Base. This adds salt, so when preparing the soup, go easy on the salt to accommodate the addition of *Better than Bouillon*.

Do not use “Quick” barley. It will become mushy.

To warm up leftover soup you may need to add extra broth to reach desired consistency.

Freezes well.