



## Barley Beef Soup Serves: 4-6

### Ingredients:

3 tablespoons olive oil, divided  
1½ pounds beef, cubed  
Salt and black pepper to taste  
1 onion, medium diced  
2 carrots, medium diced  
4 ribs celery, medium diced  
2 medium parsnips, chopped

8 ounces cremini mushrooms, chopped  
2 cloves garlic, chopped  
1 teaspoon dried rosemary  
2 tablespoons tomato paste  
1 cup red wine  
1 cup uncooked pearl barley  
6 cups low sodium beef broth  
1 tablespoon chopped fresh thyme

### Directions:

1. Press **“sear”**, set to 10 minutes, then press **“start/stop”**.
2. Rub 1 tablespoon oil onto beef and season with salt and pepper.
3. Working in small batches, brown beef on all sides in Pressure Cooker, adding additional oil between batches.
4. Transfer browned beef to a paper towel-lined dish; set aside.
5. Add onions, carrots, celery, parsnips, mushrooms, garlic and rosemary to pressure cooker and sauté for 5-7 minutes.
6. Stir in tomato paste, wine, pearl barley, and broth and return beef to pressure cooker.
7. Close lid and lock.
8. Press **“soup”**, set to 20 minutes, and then press **“start/stop”**.
9. When done, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
10. Carefully open the lid, stir in fresh thyme, season with salt and pepper to taste, and serve.

**Tip:** Use beef stock in place of red wine.