

# Instant Pot Beef and Barley Soup



## Servings: 8

*1 pound beef stew meat*  
*2 tablespoons olive oil*  
*1 small onion, diced*  
*2 stalks celery, diced*  
*2 carrots, diced*  
*4 cloves garlic, minced (4 to 6)*  
*6 cups low sodium beef broth/stock*  
*1 14.5 Oz can diced tomatoes*  
*3/4 cup quick cooking barley, rinsed*  
*2 small potatoes, peeled and diced*  
*2 tablespoons better than bullion beef base (or use 2-4 cubes)*  
*1 bay leaf*  
*1 teaspoon dried thyme*

Set Instant Pot to saute setting. When hot add in stew meat, olive oil and season with a little salt and pepper. Brown meat on all sides then remove and set aside. (about 5 minutes)

Add onion, celery, and carrot. Season with salt and pepper if desired and cook for about 5 minutes. Add in garlic and stir for 30 seconds.

Add a little beef broth to deglaze the bottom of the pan and be sure to scrape up all the browned bits to avoid the burn error. Add remaining broth, browned meat, tomatoes, barley, potatoes, beef base, bay leaf, and thyme.

Place lid on Instant Pot and turn to the locking position. Set vent to sealing and cook on high pressure for 15 minutes. Let the Instant Pot do a natural release of pressure for 15 minutes then turn vent to release remaining pressure before removing lid.

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Per Serving (excluding unknown items): 171 Calories; 6g Fat (31.7% calories from fat); 14g Protein; 15g Carbohydrate; 3g Dietary Fiber; 36mg Cholesterol; 83mg Sodium; 3g Total Sugars; trace Vitamin D; 42mg Calcium; 2mg Iron; 698mg Potassium; 181mg Phosphorus. Exchanges: 8 1/2 Grain(Starch).