

BEEF BARLEY VEGETABLE SOUP

2 lbs. beef shank with bone
3 quarts chicken stock
2 Tablespoons salt
1 can (28 oz. Tomatoes)
1 large onion, chopped
1 tablespoon aromatic bitters
1 tablespoon Worcestershire sauce
1/4 teaspoon thyme, crushed (fresh, if you have it)
1/4 teaspoon sugar
1/2 cup medium barley

Salt & Pepper to taste

When meat is very tender, remove from bone. Add vegetables and cook until done.

1 cup green peas (one package frozen petit peas)
1 cup corn (one package frozen white corn)
1 cup sliced carrots
1 cup sliced celery
1 cup baby lima beans (one package frozen baby lima beans)
1 cup green beans

In a large saucepot, place beef shank, chicken stock, and salt; heat to boiling. Skim off any foam that forms on surface; discard. Lower heat and simmer 2-1/2 – 3 hours or until meat is tender. Remove bone and trim off meat; reserve meat and discard bone. Skim fat from soup.

Return meat to saucepot and add vegetables, barley, parsley, bitters, Worcestershire sauce, thyme and sugar. Heat to boiling, reduce heat and simmer, partly covered, 1 hour, stirring occasionally. Season to taste.