

BEEF, BACON, VEGETABLE & FARRO SOUP

F EASY

Last Modified: 01/14/2017

PREP: 30 Min
COOK: 8+ Hrs
STOVETOP

SOUP-BEEF

MAKES 24 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
5	Pounds	Beef Eye Of Round (Trimmed)	1/2" Cubes
3	Tbsp	Unsalted Butter	
12	Ounces	Thin Sliced Bacon	1/4" Lardons
2	Large	Yellow Onions	1/2" Chop
1	16 Oz	Bag Shoepeg Corn Kernels	Thawed
OR			
1	16 Oz	Bag Peaches & Cream Corn Kernels	Thawed
2	16 Oz	Bags Classic Mixed Vegetables	Thawed
1	16 Oz	Bag Cut Green Beans	Thawed
1/2	Pound	Fresh Snow Pea Pods	Quartered
4	Stalks	Celery	1/2" Chop
4	Medium	Golden Potatoes	1/2" Chop
3	Cloves	Garlic	Minced
3/4	Cup	All Purpose Flour	
2	Tsp	Dried Thyme	
4	Whole	Dried Bay Leaves	
5	Cubes	Beef Bouillon (Wyler's)	
2	7 Oz	Bottles Chablis Wine (ANY Dry - Sherry, Etc.)	
FARRO WILL NOT BREAK DOWN NO MATTER HOW MANY TIMES IT'S REHEATED			
1	17.6 Oz	Bag Pearled Italian Farro (Bob's Red Mill)	See Caution
OR FOR A RELATIVELY MUSHY TEXTURE, SUBSTITUTE			
1	Pound	Pearl Barley	
OR IF YOU LIKE THE CHEWIER TEXTURE, SUBSTITUTE			
1	Pound	Hulled Barley (Groats)	
2	Tsp	Seasoning Salt	
2 +/-	Tsp	Sea Salt	To Taste
2 +/-	Tsp	Fresh Ground Black Pepper	To Taste
3	14.5 Oz	Cans Diced Tomatoes (Hunts)	
9	Quarts	Beef Stock (Swanson)	

GARNISHES

1/4	Bunch	Italian Parsley	Fine Chop
-----	-------	-----------------	-----------

PREPARATION

HINTS	While this is technically a traditional Beef Barley Soup, the texture of this version using Farro (Ancient Egyptian Wheat) is To-Die-For. Admittedly a large quantity, but it freezes well and reheats in the microwave quickly. I freeze leftovers in inexpensive quart plastic containers from Gordon Foods.
--------------	--

BEEF, BACON, VEGETABLE & FARRO SOUP

CAUTION	<p>There are 2 different forms of Farro:</p> <p>1) Whole Grain Farro - 100% REQUIRES overnight soaking.</p> <p>2) Pearled Farro - Most of the Bran has been removed, so it may be simply cooked right out of the package.</p>
FACTOID	<p>We enjoyed an evening at Ryan and Jacquelyn's where she made a great side dish using Farro. We ALL decided that its very firm texture would be fantastic substituted in a Barley Soup. Farro is an ethnobotanical term derived from Italian Latin for a group of three different wheat species: Emmer (Triticum dicoccum) available in the USA, Spelt (Triticum spelta), and Einkorn (Triticum monococcum). All are types of hulled wheat which cannot be threshed.</p>
TOOLS	<p>1) Large Crock Pot OR Stock Pot</p> <p>2) Large Stainless Steel Skillet</p>
HINTS	<p>You may substitute fresh Vegetables in place of the frozen, but This IS a Soup and frozen packages are much easier (we like lots of Vegetables in our Soup).</p>
CAUTION	<p>Cooking the Vegetables in excess of 3 hours WILL cause them to be MUSHY!</p>
PREP	<p>DISH</p> <p>1) Cut the cold Beef into 1/2" cubes, sprinkle them generously with Salt, Pepper and Flour and set them aside.</p> <p>2) Mince the Garlic Cloves and set them aside.</p> <p>3) Cut the cold Bacon into 1/4" Lardons and set them aside.</p> <p>4) Chop the Yellow Onions into 1/2" cubes and set them aside.</p> <p>5) Chop the Carrots into 1/2" cubes and add them on top of the Onions.</p> <p>6) Chop the Celery into 1/2" cubes and add it on top of the Onions.</p> <p>7) Chop the Green Beans into 1" lengths and set them aside.</p> <p>8) Remove any strings from the Pea Pods and cut at an angle into 1/2" pieces and set them aside</p> <p>9) Chop the Potatoes (peeled or not) into 1/2" cubes and submerge them in Water.</p>
1	<p>In a large stainless steel skillet over medium high heat add in the Bacon Lardons and cook until the fat has rendered, remove the Bacon and set it aside. Add in the Butter and as soon as it melts, add in 1/2 of the Beef at a time (not touching) and brown it on all sides, set it aside.</p>
2	<p>Add in the Onions and cook until the Onions are transparent. Add in the Garlic and cook until fragrant. Sprinkle with the Flour and stir until the white disappears. Add the Beef back in and deglaze the pan with the Wine and enough Beef Stock to make it liquid.</p>
3	<p>Transfer the mixture into a 8 quart stock pot.</p>
	<p>OR</p>
3	<p>Transfer the mixture into a 7 quart slow cooker.</p>
4	<p>Stir in the drained Potatoes, Pea Pods, Thawed Vegetables, Barley, Seasoning Salt, Pepper, Salt, Bay Leaves and Thyme. Stir in enough Beef Stock to completely submerge everything (The Barley will soak up a lot of liquid during cooking). Cook the Soup on low for 6 to 8 hours.</p>
HINTS	<p>You may substitute fresh Vegetables in place of the frozen, but This IS a Soup and frozen packages are much easier (we like lots of Vegetables in our Beef Soup).</p>
5	<p>Stir in the diced Tomatoes and liquid and heat them through. Remove and discard the Bay Leaves.</p>
SERVE	<p>Serve the Soup while hot, garnished with Chopped Parsley and with a Crusty Bread on the side.</p>