

County Clare's Guinness Beef Barley Soup

"The soup itself is one served at County Clare, an authentic Irish pub in a bed and breakfast on Milwaukee's east side at 1234 N. Astor St. And it's one of any number of pub favorites that can carry you to County Mayo, Galway Bay or the Cliffs of Moher."

1-1/2 pounds diced beef chunks, cut 1/4-inch size
4 tablespoons vegetable oil (divided)
6 cups beef stock
1/2 cup barley
3 carrots, cut into 1/2-inch cubes
3 ribs celery, cut into 1/2-inch cubes
3 onions, cut into 1/2--inch cubes
2 strips bacon, chopped
8 ounces (or more to taste Guinness stout)
1/2 teaspoon dried thyme leaves
3 bay leaves
1 clove garlic, minced or 1/2 teaspoon garlic powder
2 teaspoons brown sugar
1/2 teaspoon salt or to taste
1/4 teaspoon freshly ground black pepper or to taste
1 to 2 tablespoons cornstarch

1. In large, heavy pot, brown beef cubes in 2 tablespoons of oil. Add beef stock and bring to a slow boil.
2. Add barley and simmer, uncover, about 1 hour or until soft. (If using instant barley, 15 minutes will be adequate cooking time.)
3. In large skillet, add remaining 2 tablespoons oil. Add carrots, celery, onions and bacon. Cook slowly over medium heat until vegetables are crisp tender and onions translucent. Add to stock.
4. Add Guinness, thyme, bay leaves, garlic and brown sugar. Simmer until vegetables and beef become tender, about 45 minutes. Add salt and pepper to taste.
5. To thicken, if desired, mix cornstarch with a little cool broth then whisk into soup. Bring to a simmer. Remove bay leaves and serve in bowls. Makes 6-8 servings.

Labels: [Beef Barley Soup](#)