

## BEEF BARLEY SOUP

By Dorothy Zehnder

2 lbs. cross-cut beef shanks  
1 tablespoon cooking oil  
¾ cup chopped celery  
2 tablespoons snipped parsley  
2 teaspoons salt  
1 teaspoon Bavarian Inn All-Purpose Seasoning  
2 teaspoons Worcestershire sauce  
¼ tsp. dried thyme, crushed  
1 bay leaf  
8 cups water  
1 cup diced pared potato  
1 cup sliced carrot  
¼ cup peas  
½ cup chopped onion  
½ cup corn  
¼ cup pearl barley  
½ teaspoons Kitchen Bouquet (optional)  
1 10-ounce box frozen mixed vegetables (optional)

In Dutch oven, brown the beef shanks in hot oil. Remove from heat; add celery, parsley, salt, all-purpose seasoning, Worcestershire sauce, thyme, bay leaf, and water. Cover; return to heat and bring to boiling. Reduce the heat; simmer 2 hours. Remove bones; cut off meat and dice. Set meat aside. Strain broth; skim off excess fat. Return broth to pan with meat, potatoes, carrots, peas, onion, corn and barley. Simmer, covered, till vegetables are tender, about 45 minutes. Season to taste with salt and pepper. Stir in Kitchen Bouquet and additional vegetables if desired.

*\*\*\*Note from Dorothy – This is one of my family's favorite soups I make. Hearty and filling. I like to make it ahead of time so when visitors come, I can quickly warm up a bowl for them.*