

# **Hearty Beef, Barley & Lentil Soup Mix**

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HEARTY BEEF,  
BARLEY & LENTIL  
SOUP MIX

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LIVE WELL UTAH

*Make a few batches of this soup mix for an easy weeknight dinner.*

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## **Ingredients**

- 1/2 pound lean ground beef or stew meat
- 7 cups water
- 1 Tablespoon beef bouillon granules
- 1 Teaspoon black pepper
- 2 Tablespoons dried minced onion
- 2 Tablespoons dried minced celery
- 1/4 cup dried carrots
- 1/2 cup barley
- 1/2 cup lentils
- 1/4 cup imitation bacon bits (optional)

## **Directions:**

Brown meat in a soup pot. Add water and remaining ingredients. Bring to a boil, then lower heat and simmer for about 45 minutes or until lentils, barley, and vegetables are tender.

## **Make it a Mix:**

Dry ingredients can be combined and stored in pint jars or ziplock bags to make dinner easy any night of the week.

Add other dried veggies for a more colorful and flavorful mix. My favorite is the red and green bell pepper mix.

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*This recipe was contributed by Suzanne Prevedel, family and*

*consumer sciences educator for USU Extension in Duchesne  
County*