



Beef Minestrone

A hearty, rustic beef minestrone packed with pearl barley, tender vegetables and rich tomato broth – a comforting family favourite.



40 minutes



Beef



2 servings

FROM YOUR BOX

PEARL BARLEY	100g
BROWN ONION	1
CELERY STALK	1
CARROT	1
MEDIUM POTATOES	2
BEEF MINCE	300g
TOMATO PASTE	2 sachets

FROM YOUR PANTRY

oil for cooking, salt and pepper, 1 chicken stock cube

NOTES

Add pearl barley to the simmering vegetables as soon as it has finished cooking. This will allow the pearl barley to absorb the flavours.

No gluten option - pearl barley is replaced with brown rice. Cook for same amount of time as pearl barley.

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1. COOK THE PEARL BARLEY

Place **barley** in a saucepan and cover with water. Bring to the boil and simmer for 20 minutes, or until tender but still firm. Drain and rinse briefly (see notes).

2. SAUTÉ THE VEGETABLES

Heat a large saucepan over medium-high heat with **oil**. Chop **onion, celery, carrot** and **potatoes** (1cm). Add all to pan as you go. Cook for 5 minutes until beginning to soften.

TIP *Add 2 tsp ground paprika and 2 tsp dried oregano for background flavour.*

3. ADD BEEF AND SIMMER

Add **beef mince** and cook for 5 minutes, breaking **mince** up as you go. Stir in **tomato paste, crumbled stock cubes** and **3 cups water**. Cover and simmer for 15 minutes until **root vegetables** are tender.

6P – Stir in 1.6L water.

TIP *Use stock paste or liquid stock if preferred.*

4. FINISH AND SERVE

Add **pearl barley** to **minestrone soup**. Season with **salt and pepper** to taste. Divide among bowls to serve.

TIP *Garnish with grated parmesan cheese, chopped parsley or basil.*

This recipe has simplified instructions to help lower your meal cost.