

Esau's Soup

Recipe from Laura C.

"Soup so good you'd sell your birthright for it!"

GOOD | From The
FOOD | Sarah Evers
Recipe
Collection

Ingredients

½ lb. ground beef
2 ½ C cold water
1 (14 ½ oz) can crushed tomatoes
¾ C sliced carrots
¾ C sliced mushrooms
½ C QUICK barley, uncooked
2 garlic cloves, minced
1 t dried oregano
½ lb Velveeta Cheese, cubed (can use light)
Frozen vegetables
Hot Sauce
Cooking Sherry or wine

Optional:
Basil
Broccoli
Cauliflower

Directions

Brown meat in large saucepan: drain and set aside.
Stir together water, tomatoes, carrots, mushrooms, barley, garlic & oregano. Bring to Boil.
Reduce heat.
Cover; Simmer 10 minutes, or until barley is tender.
Season to taste. ** hot sauce and cooking sherry!
Stir in meat, cheese.

Serves 6.

Sarah's Note: The soup NEEDS hot sauce and cooking sherry to add depth. As well, we often double the recipe. Green beans aren't so great in it.