

MULTICOOKER

## quick beef barley soup

A soup that eats like a meal—comforting and satisfying to come home to on a cold autumn day. **Serves 4 to 6**

- 3 Tbs. olive oil
- 2 lb. chuck roast, cut into 2-inch pieces
- 2 large carrots, diced
- 2 ribs celery, diced
- 1 large yellow onion, diced
- 3 cloves garlic, finely chopped
- ¼ cup dry white wine
- 8 cups lower-salt chicken broth
- ¾ cup pearl barley, rinsed
- 3 Tbs. tomato paste
- 2 Tbs. concentrated beef base broth, such as Better than Bouillon
- 1 bay leaf
- Kosher salt and freshly ground black pepper
- 3 Tbs. coarsely chopped fresh flat-leaf parsley (optional)

Set a multicooker to the sauté function on medium. Add the oil, and heat until shimmering. Add the meat in batches, and cook until browned on all sides, about 8 minutes per batch. Transfer the meat to a plate, and set aside. Add the carrots, celery, and onion, and cook until softened, about 4 minutes. Add the garlic, and cook until fragrant, about 1 minute. Add the wine, and bring to a simmer, scraping up the browned bits from the bottom of the pot. Press cancel.

Return the meat to the pot along with any accumulated juices. Add the chicken broth, barley, tomato paste, beef concentrate, bay leaf, 1½ tsp. salt, and ½ tsp. pepper.

Secure the lid, and set the pressure valve to seal. Pressure-cook on high for 30 minutes. Press cancel, and allow the pressure to release naturally for 15 to 20 minutes. Release the remaining pressure by adjusting the pressure valve to the venting position. Open the lid. Remove the meat, and shred or cut into bite-size pieces. Return the meat to the pot, season to taste with more salt and pepper, and garnish with the parsley, if using.

—Joan Velush

 **Pair With:** MERLOT For a big red, Merlot is easy to drink and easy to like, which makes it a natural for this similarly comforting and satisfying soup.