

Hearty Bean and Barley Soup



2 pounds dried Great Northern Beans
2 quarts water
1 cup barley
1 ham hock
2 cups coarsely chopped ham
1 pound ground beef, cooked and drained
1 large onion, chopped
8 cloves garlic, chopped
6 carrots, sliced
4 (10 ½ ounce) cans consommé
1 – 1½ teaspoons salt
1 teaspoon pepper
¼ cup Worcestershire sauce
½ teaspoon hot sauce
2 fresh jalapeno peppers, split and seeded

Sort and wash beans; place in a large Dutch oven. Cover with water 2 inches above beans; let soak overnight (or follow the quick soak instructions on the bag). Drain. Add 2 quarts water; bring to a boil. Add remaining ingredients, cover, reduce heat, and simmer 2 ½ hours, stirring occasionally. Yield: 5 ½ quarts.

Note:

- Add water, if desired, for a thinner consistency.
- Soup may be frozen.
- Works well in a large crock pot.
- Eliminate peppers and hot sauce if you prefer non-spicy foods, although this one really isn't that hot.
- Enjoy... ☺