

## Split pea, beef, and barley soup

Based on a recipe from Sedman's next-door neighbor Lainey Feingold, this soup combines the best qualities of two classic soups: the

heartiness of split pea and the rich, nutty flavor of beef and barley.

**PREP AND COOK TIME** 2 hours, 45 minutes

**MAKES** About 8 qts.

**2 tbsp. olive oil**

**2 lbs. beef chuck, trimmed of excess fat and cut into 1½-in. pieces**

**5 tsp. coarse kosher salt**

**1 tbsp. freshly ground black pepper**

**4 large onions, chopped**

**1 leek, finely chopped**

**2 parsnips, peeled and chopped**

**5 stalks celery, chopped**

**2 cups green split peas (one 16-oz. package)**

**¾ cup dried baby lima beans**

**¾ cup pearl barley**

**5 carrots, peeled and cut diagonally into 1-in. pieces**

**1.** Heat oil in a 9- to 10-qt. pot over medium-high heat. Season beef with 1½ tsp. salt and 1 tsp. pepper, then brown on all sides in two batches. Set aside.

**2.** Add onions, leek, parsnips, celery, and remaining 3½ tsp. salt and 2 tsp. pepper. Cook, stirring often, until onions soften, about 5 minutes. Return beef to pot and add split peas, lima beans, and 4 qts. water. Increase heat to high and bring to a boil. Reduce heat to a simmer and cook, uncovered, 1 hour, stirring occasionally.

**3.** Add barley and simmer 45 minutes. Stir in carrots and cook 20 minutes more. Season to taste with additional salt and pepper.

**PER CUP** 155 CAL., 19% (30 CAL.) FROM FAT; 11 G PROTEIN; 3.3 G FAT (0.9 G SAT.); 21 G CARBO (3.8 G FIBER); 401 MG SODIUM; 18 MG CHOL.