

Lentil-Barley Soup

6 slices bacon
1 1/2 lbs beef chuck, cubed
1 small onion, chopped
1 leek, chopped
2 Tbs olive oil
1 cup lentils
1/2 cup barley
1 cup stewed tomatoes
1/2 cup minced Italian parsley
2 cups sliced carrots
1/2 tsp sage
1 tsp salt
1/2 tsp pepper
1/2 cup red wine
6 cups water

Fry bacon, drain and dice. Sauté beef cubes, onion and leeks in a little olive oil. Add all remaining ingredients. Bring to a boil, cover and reduce heat. Simmer 45 minutes or until lentil and barley are tender.