

ELK OR BUFFALO BARLEY SOUP

2 LB ground or stewed meat
2 yellow onions, diced
1 head celery, diced
2 carrots, diced
1 red bell pepper, diced
1 yellow bell pepper, diced
1 green pepper, diced
1 poblano pepper, diced
1 Anaheim pepper, diced
2 cups barley
2 cups frozen corn
2 cups diced tomatoes
1 large potato, diced, skin on
4 tbsp. Salt
2 tbsp. Pepper
1 tsp. Blackening spice (any Cajun seasoning)
1 tbsp. Garlic puree
1/2 cup fresh dill, thyme, rosemary
2 tomato juice – 274ml
6 L chicken stock
1 L beef broth
2 tbsp. Tomato paste

Cook ground or stewed meat in large soup pot with 2 tbsp. Of oil, drain any excess fat; add all vegetables and cook until tender add tomato paste and seasonings, not fresh herbs though. Cook 15 minutes and add all stocks and juices, bring to a boil and simmer for 2-3 hours, at the very end add fresh herbs.



Canadian Rocky
Mountain Ranch