Beef Barley Soup

1 lb. ground beef
5 cups cold water
1 cans (14.5 oz) stewed tomatoes, cut up
1 ½ cup sliced carrots
1 ½ cup sliced mushrooms
1 cup quick-cooking barley
4 cloves garlic, minced
2 tsp. oregano leaves
Shredded cheese (garnish)

Directions:
Brown meat in large saucepan, drain. Stir in water, tomatoes, carrots, mushrooms, barley, garlic and oregano.
Bring to boil. Reduce heat to low; cover. Simmer 10-12 minutes until barley is tender.
Top with shredded cheese to garnish.