



NUTRITION CONSULTING INC.

# Beef Barley Stew

*This wholesome stew is great for a cold winter day and loaded with good nutrition.*

**Makes 6 servings**

## What you need:

- 1 tbsp. olive oil
- 18 oz. lean stewing beef chuck, trimmed and cut into 1-inch cubes
- 1/2 cup onions, chopped
- 2 cups carrots, sliced
- 2 cups mushrooms, sliced
- 4 cups low sodium beef broth
- 1 can (28 oz) diced tomatoes
- 1/4 cup dry pearl barley
- 2 medium potatoes, sliced
- 2 tbsp. dried parsley (or fresh if you have it)
- 2 tbsp. Worcestershire sauce
- 1/2 tsp. garlic powder
- 1 bay leaf
- Fresh ground pepper to taste



## How you prepare:

In a large pot, heat oil on medium heat. Add beef and cook until browned on all sides. Remove beef from pot and set aside. Add onions, mushrooms and carrots to the pot and sauté until soft. Return beef to pot and add the remaining ingredients. Bring to a boil and then reduce heat to medium low and simmer covered, stirring occasionally approximately 1.5 hours.

## Per serving:

- Calories 300
- Carbohydrates 29 g
- Protein 26 g
- Fat 10 g
- Dietary Fiber 3.9 g

It's your **health.**



**Take a stand.**

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