

Alberta Beef Barley Stew

 Dairy Free  Very Healthy

READY IN



330 min.

SERVINGS



8

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 beef bouillon cubes
- 1 pound beef stew meat cut into 1-inch cubes
- 2 carrots diced
- 2 stalks celery diced
- 1 ounce onion soup mix dry
- 2 tablespoons garlic minced
- 0.5 large onion diced
- 1.5 cups pearl barley

- 3 large potatoes peeled cut into 1-inch cubes
- 6 cups water hot divided

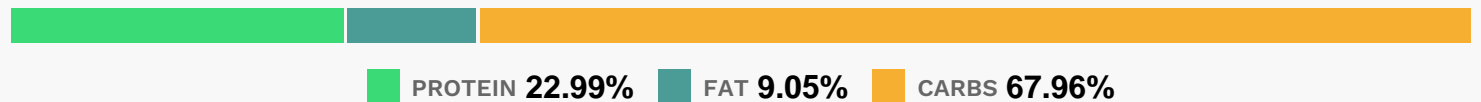
Equipment

- bowl
- microwave
- slow cooker

Directions

- Heat 2 cups water to boiling in a microwave-safe bowl, about 2 minutes. Stir beef bouillon cubes and onion soup mix into boiling water until dissolved.
- Pour bouillon mixture and remaining 4 cups water into a slow cooker; set cooker on High. Stir beef, potatoes, onion, carrots, celery, and garlic into the slow cooker.
- Cook, covered, until potatoes are tender when pierced with a fork, 4 1/2 to 5 hours. Stir barley into beef mixture; continue cooking until barley is tender, about 30 minutes.
- Turn slow cooker off, remove cover, and allow to cool until slightly thickened, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:27.45, Glycemic Load:18.6, Inflammation Score:-9, Nutrition Score:22.993913059649%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 344.39kcal (17.22%), Fat: 3.5g (5.38%), Saturated Fat: 1.13g (7.05%), Carbohydrates: 59.08g (19.69%), Net Carbohydrates: 49.17g (17.88%), Sugar: 2.96g (3.29%), Cholesterol: 35.19mg (11.73%), Sodium: 596.13mg (25.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.99g (39.98%), Vitamin A: 2604.49IU (52.09%), Vitamin B6:

0.96mg (48.15%), Selenium: 31.1µg (44.43%), Manganese: 0.82mg (41.02%), Fiber: 9.92g (39.67%), Vitamin B3: 7.31mg (36.54%), Vitamin C: 29.91mg (36.25%), Phosphorus: 306.9mg (30.69%), Potassium: 1006.99mg (28.77%), Zinc: 3.71mg (24.71%), Copper: 0.42mg (21.17%), Magnesium: 83.83mg (20.96%), Iron: 3.37mg (18.73%), Vitamin B1: 0.27mg (17.83%), Vitamin B12: 1.06µg (17.65%), Vitamin B2: 0.21mg (12.3%), Folate: 46.79µg (11.7%), Vitamin B5: 0.89mg (8.85%), Vitamin K: 9.2µg (8.76%), Calcium: 64.05mg (6.41%), Vitamin E: 0.33mg (2.18%)