

# Barley Beef Stew

 Dairy Free

READY IN



150 min.

SERVINGS



4

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon apple cider vinegar
- 1 cube beef bouillon from cube
- 1 pound beef stew meat cubed
- 1 tablespoon brown sugar
- 2 cups cabbage chopped
- 1 cup carrots sliced
- 1 cup celery chopped
- 2 teaspoons rosemary dried

- 2 teaspoons thyme leaves dried
- 2 tablespoons flour all-purpose
- 2 cups mushrooms fresh sliced
- 3 cloves garlic minced
- 4 servings salt and ground pepper black to taste
- 2 cups onion chopped
- 0.3 cup pearl barley
- 2 tablespoons vegetable oil
- 2 cups water

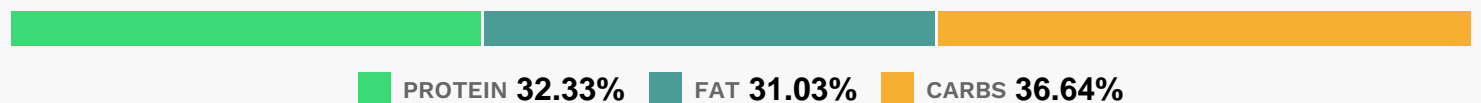
## Equipment

- slotted spoon
- dutch oven

## Directions

- Season beef with salt and black pepper; coat with flour, shaking off excess.
- Heat vegetable oil in a Dutch oven or heavy pot; cook and stir beef until browned on all sides.
- Remove beef with a slotted spoon and set aside.
- Add onion, cabbage, celery, carrots, and garlic; cook and stir until carrots are softened and onion is translucent, about 10 minutes. Stir in mushrooms, rosemary, thyme, and barley. Return beef to Dutch oven and continue to cook and stir for 3 minutes.
- Stir water, beer, and beef bouillon into beef mixture; bring to a boil, cover, and reduce heat to medium-low. Simmer until beef and barley are tender, about 90 minutes.
- Add brown sugar and vinegar. Simmer, uncovered, for 10 to 15 minutes more.

## Nutrition Facts



## Properties

Glycemic Index:107.21, Glycemic Load:5.95, Inflammation Score:-10, Nutrition Score:31.476956559264%

## Flavonoids

Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 16.54mg, Quercetin: 16.54mg, Quercetin: 16.54mg

## Nutrients (% of daily need)

Calories: 376.56kcal (18.83%), Fat: 13.11g (20.18%), Saturated Fat: 3.12g (19.51%), Carbohydrates: 34.84g (11.61%), Net Carbohydrates: 27.84g (10.12%), Sugar: 10.42g (11.58%), Cholesterol: 70.31mg (23.44%), Sodium: 130.62mg (5.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.74g (61.47%), Vitamin A: 5520.17IU (110.4%), Selenium: 44.46µg (63.52%), Vitamin K: 61.56µg (58.63%), Vitamin B3: 11.01mg (55.04%), Vitamin B6: 1.07mg (53.54%), Zinc: 5.73mg (38.21%), Phosphorus: 380.72mg (38.07%), Vitamin B12: 2.12µg (35.3%), Manganese: 0.62mg (30.87%), Vitamin B2: 0.49mg (28.56%), Vitamin C: 23.39mg (28.35%), Fiber: 7g (27.98%), Potassium: 956.52mg (27.33%), Iron: 4.36mg (24.21%), Copper: 0.43mg (21.68%), Folate: 80.68µg (20.17%), Vitamin B1: 0.3mg (19.84%), Magnesium: 67.95mg (16.99%), Vitamin B5: 1.62mg (16.17%), Calcium: 102.41mg (10.24%), Vitamin E: 1.29mg (8.63%)