



Beef and Barley Stew with Mushrooms

 Popular

READY IN



165 min.

SERVINGS



8

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 Tbsp butter unsalted
- ☐ 2 pounds beef chuck cut into chunks
- ☐ 8 servings salt
- ☐ 3 cups onions chopped
- ☐ 1 pound cremini mushrooms sliced quartered
- ☐ 1 quart chicken broth
- ☐ 3 cups water
- ☐ 2 teaspoons marjoram dried

- ☐ 1 cup pearl barley
- ☐ 1 cup carrots roughly chopped
- ☐ 3 cups celery root peeled chopped
- ☐ 8 servings bell pepper black
- ☐ 0.5 cup cup heavy whipping cream (sour per serving)
- ☐ 8 servings optional: dill for garnish

Equipment

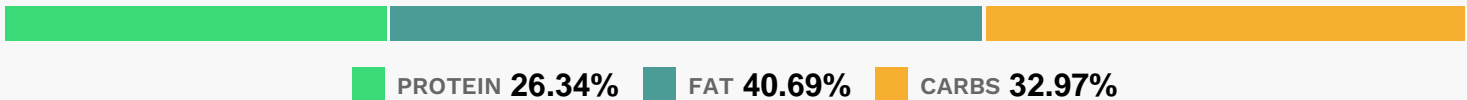
- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ wooden spoon

Directions

- ☐ Sear the beef: In a large, thick-bottomed pot, melt the butter over medium-high heat.
- ☐ Add enough pieces of the beef to sear in the pot without crowding.
- ☐ You will need to brown the meat in several batches. Salt the beef as it cooks, and set aside browned pieces in a bowl.
- ☐ Sauté the onions: When all the beef has browned, add the onions. As the onions release some of their water, use a wooden spoon to scrape any browned bits off the bottom of the pot.
- ☐ Sprinkle a little salt over the onions as they cook. Lower the heat to medium and cook the onions until they begin to brown, 5–6 minutes.
- ☐ Add the mushrooms: When the onions have lightly browned, mix in the mushrooms and increase the heat to high. Cook the mushrooms until they release their water, about 2–3 minutes.
- ☐ Add back beef, add marjoram, stock, water, then simmer:
- ☐ Add the beef back to the pot and sprinkle with marjoram.
- ☐ Add 1 cup of the stock and use the wooden spoon to scrape any browned bits off the bottom of the pot.
- ☐ Add the rest of the stock and water and bring to a simmer.

- ☐ Cover the pot, lower the heat to low and simmer very gently for 1 hour.
- ☐ Add barley, celery root, carrots, continue to simmer:
- ☐ Add the barley, celery root and carrots, stir well and recover the pot. Simmer gently until the barley and celery root are tender, between 40 minutes and an hour.
- ☐ Serve with sour cream and dill: Ladle servings into bowls, then top with a dollop of sour cream and a few sprigs of dill. Grind a little black pepper over right before you serve. To eat, stir in the sour cream.

Nutrition Facts



Properties

Glycemic Index:19.48, Glycemic Load:3.27, Inflammation Score:-9, Nutrition Score:29.571304269459%

Flavonoids

Apigenin: 1.42mg, Apigenin: 1.42mg, Apigenin: 1.42mg, Apigenin: 1.42mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 3.05mg, Isorhamnetin: 3.05mg, Isorhamnetin: 3.05mg, Isorhamnetin: 3.05mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 12.37mg, Quercetin: 12.37mg, Quercetin: 12.37mg, Quercetin: 12.37mg

Nutrients (% of daily need)

Calories: 421.1kcal (21.05%), Fat: 19.56g (30.09%), Saturated Fat: 9.16g (57.22%), Carbohydrates: 35.66g (11.89%), Net Carbohydrates: 28.86g (10.5%), Sugar: 6.42g (7.13%), Cholesterol: 96.72mg (32.24%), Sodium: 811.49mg (35.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.49g (56.97%), Selenium: 49.3µg (70.43%), Zinc: 10.16mg (67.75%), Vitamin A: 2885.32IU (57.71%), Vitamin B12: 3.21µg (53.54%), Vitamin B3: 9.12mg (45.61%), Phosphorus: 444.7mg (44.47%), Vitamin B6: 0.76mg (37.95%), Vitamin B2: 0.63mg (36.88%), Manganese: 0.69mg (34.35%), Potassium: 1057.39mg (30.21%), Copper: 0.57mg (28.31%), Vitamin K: 29.37µg (27.97%), Fiber: 6.8g (27.19%), Iron: 3.93mg (21.81%), Vitamin B5: 2.01mg (20.05%), Vitamin B1: 0.27mg (18.13%), Magnesium: 69.91mg (17.48%), Vitamin C: 10.29mg (12.47%), Folate: 43.65µg (10.91%), Calcium: 105mg (10.5%), Vitamin E: 0.74mg (4.93%), Vitamin D: 0.22µg (1.49%)