



Beef-Barley Stew

 Dairy Free

READY IN



85 min.

SERVINGS



6

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef 90% (at least)
- ☐ 0.5 cup onion chopped
- ☐ 2 cups beef broth flavored (from 32-oz carton)
- ☐ 0.7 cup barley uncooked
- ☐ 2 teaspoons oregano dried fresh chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 14.5 oz canned tomatoes whole undrained canned

- ☐ 8 oz water chestnuts undrained sliced canned
- ☐ 2 cups savory vegetable mixed frozen

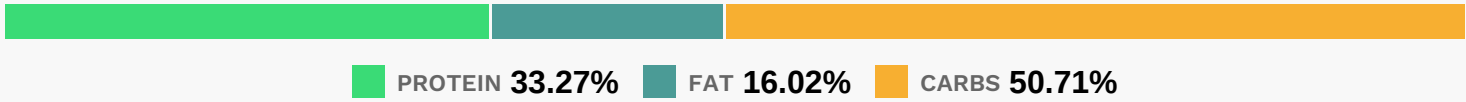
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F. Spray 10-inch nonstick skillet with cooking spray.
- ☐ Add beef and onion; cook in skillet over medium heat 7 to 8 minutes, stirring occasionally, until beef is brown; drain.
- ☐ In ungreased 3-quart casserole, mix beef mixture and remaining ingredients except frozen vegetables, breaking up tomatoes.
- ☐ Cover; bake 30 minutes. Stir in frozen vegetables. Cover; bake 30 to 40 minutes longer or until barley is tender.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:7.01, Inflammation Score:-10, Nutrition Score:21.862608805947%

Flavonoids

Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 268.81kcal (13.44%), Fat: 4.91g (7.55%), Saturated Fat: 1.99g (12.41%), Carbohydrates: 34.98g (11.66%), Net Carbohydrates: 26.32g (9.57%), Sugar: 3.84g (4.27%), Cholesterol: 46.87mg (15.62%), Sodium: 578.58mg (25.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.94g (45.88%), Vitamin A: 3177.37IU (63.55%), Manganese: 0.74mg (36.79%), Vitamin B3: 7.23mg (36.13%), Fiber: 8.65g (34.62%), Zinc: 5.05mg (33.65%), Selenium: 22.25µg

(31.79%), Vitamin B6: 0.62mg (31.03%), Vitamin B12: 1.75µg (29.16%), Phosphorus: 279.19mg (27.92%), Iron: 4.71mg (26.16%), Potassium: 753.14mg (21.52%), Vitamin B1: 0.28mg (18.89%), Magnesium: 73.82mg (18.46%), Vitamin B2: 0.31mg (18.1%), Vitamin C: 14.44mg (17.5%), Copper: 0.33mg (16.66%), Folate: 39.87µg (9.97%), Vitamin B5: 0.85mg (8.46%), Vitamin E: 1.21mg (8.09%), Calcium: 71.17mg (7.12%), Vitamin K: 7.11µg (6.77%)