



Classic Slow-Cooker Beef and Barley Soup

 Dairy Free

READY IN



590 min.

SERVINGS



9

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons vegetable oil
- 0.5 cup onion chopped
- 2 teaspoons garlic finely chopped
- 2 pounds beef chuck boneless trimmed of fat cut into 1-inch pieces
- 1 teaspoon salt
- 0.1 teaspoon pepper
- 2 medium carrots cut into 1/4-inch slices
- 1 cup quick-cooking barley uncooked

- 64 ounces beef broth flavored
- 1.5 cups peas sweet frozen (from 1-pound bag)
- 1 cup corn whole frozen (from 1-pound bag)

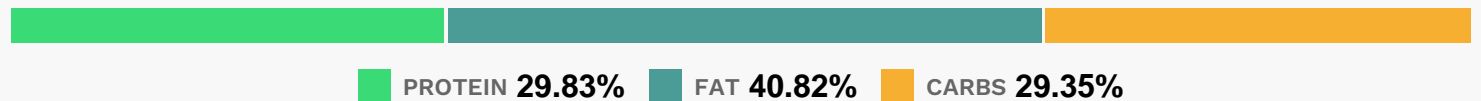
Equipment

- frying pan
- slow cooker

Directions

- Heat oil in 12-inch skillet over medium-high heat. Cook onion, garlic, beef, salt and pepper in oil 7 to 10 minutes, stirring occasionally, until beef is browned.
- Spoon beef mixture into 6-quart slow cooker. Stir in carrots, barley and broth.
- Cover and cook on Low heat setting 8 to 9 hours.
- Increase heat setting to High. Stir in frozen peas and corn. Cover and cook 8 to 10 minutes or until peas and corn are hot.

Nutrition Facts



Properties

Glycemic Index:20.02, Glycemic Load:1.61, Inflammation Score:-9, Nutrition Score:21.123478150886%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 342.57kcal (17.13%), Fat: 15.68g (24.12%), Saturated Fat: 5.88g (36.76%), Carbohydrates: 25.37g (8.46%), Net Carbohydrates: 19.97g (7.26%), Sugar: 2.57g (2.86%), Cholesterol: 69.55mg (23.18%), Sodium: 1130.18mg (49.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.78g (51.55%), Zinc: 8.46mg (56.37%), Vitamin A: 2467.85IU (49.36%), Vitamin B12: 2.89µg (48.22%), Selenium: 31.14µg (44.49%), Vitamin B3: 7.74mg (38.69%), Phosphorus: 307.15mg (30.71%), Vitamin B6: 0.54mg (27.13%), Manganese: 0.48mg (23.93%), Fiber: 5.4g (21.58%),

Iron: 3.46mg (19.24%), Potassium: 643.49mg (18.39%), Vitamin B2: 0.26mg (15.25%), Vitamin K: 15.43µg (14.7%),
Vitamin C: 11.62mg (14.08%), Magnesium: 53.28mg (13.32%), Vitamin B1: 0.19mg (12.95%), Copper: 0.21mg (10.73%),
Folate: 37µg (9.25%), Vitamin B5: 0.8mg (7.99%), Calcium: 50.06mg (5.01%), Vitamin E: 0.57mg (3.78%)