



WHATSheATE



Slow-Cooked Beef and Barley Soup



Dairy Free

READY IN



197 min.

SERVINGS



7

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28.5 ounce no-salt-added beef broth canned
- ☐ 14.5 ounce canned tomatoes undrained canned
- ☐ 1 tablespoon flour all-purpose
- ☐ 10 ounce vegetables mixed frozen
- ☐ 0.5 teaspoon ground pepper
- ☐ 1 cup onion frozen chopped
- ☐ 0.7 cup pearl barley
- ☐ 1.5 pounds round steak boneless lean cut into 1-inch pieces

- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon herb-and-spice blend salt-free (Mrs Dash)
- ☐ 1 cup water

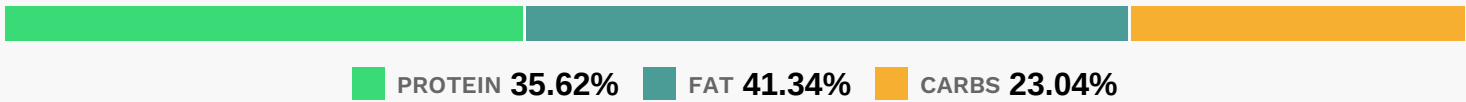
Equipment

- ☐ frying pan
- ☐ ziploc bags
- ☐ slow cooker

Directions

- ☐ Combine steak, flour, and 1/4 teaspoon salt in a large zip-top plastic bag; shake bag to coat steak.
- ☐ Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add steak; cook until browned on all sides.
- ☐ Combine steak, tomatoes, and remaining ingredients in a 4-quart electric slow cooker. Cover and cook on high 3 to 3 1/2 hours or on low 8 hours until steak is tender.

Nutrition Facts



Properties

Glycemic Index:31.71, Glycemic Load:4.02, Inflammation Score:-9, Nutrition Score:31.764782547951%

Flavonoids

Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

Nutrients (% of daily need)

Calories: 491.64kcal (24.58%), Fat: 22.51g (34.63%), Saturated Fat: 7.18g (44.9%), Carbohydrates: 28.23g (9.41%), Net Carbohydrates: 21.77g (7.92%), Sugar: 3.74g (4.15%), Cholesterol: 123.56mg (41.19%), Sodium: 1810.36mg (78.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.64g (87.28%), Selenium: 57.94µg (82.77%), Vitamin

B3: 13.16mg (65.79%), Vitamin B12: 3.89µg (64.86%), Vitamin B6: 1.19mg (59.71%), Zinc: 8.28mg (55.18%), Vitamin C: 42.49mg (51.5%), Phosphorus: 444.66mg (44.47%), Vitamin A: 2200.22IU (44%), Iron: 6.01mg (33.38%), Potassium: 1041.54mg (29.76%), Manganese: 0.59mg (29.28%), Vitamin B2: 0.44mg (25.99%), Fiber: 6.46g (25.84%), Copper: 0.47mg (23.63%), Magnesium: 81.98mg (20.5%), Vitamin B1: 0.29mg (19.48%), Vitamin B5: 1.64mg (16.38%), Folate: 50.16µg (12.54%), Vitamin K: 9.4µg (8.96%), Calcium: 81.6mg (8.16%), Vitamin E: 1.16mg (7.76%)