



Slow-Cooker Beef and Barley

 Dairy Free

READY IN



500 min.

SERVINGS



4

CALORIES



532 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 pounds beef chuck boneless in one piece
- ☐ 6 medium carrots quartered
- ☐ 4 stalks celery quartered
- ☐ 0.5 pound cremini mushrooms quartered
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 2 medium leeks light white green sliced and parts only
- ☐ 4 cups beef broth low-sodium
- ☐ 1 cup pearl barley

- ☐ 1 tablespoon soya sauce
- ☐ 1 sprig thyme leaves

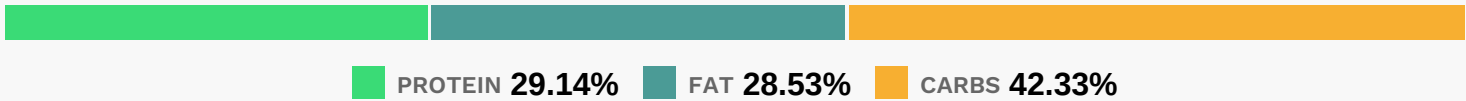
Equipment

- ☐ bowl
- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ Combine the beef, barley, mushrooms, celery, carrots, leeks, thyme, beef broth and soy sauce in a slow cooker.
- ☐ Add 1 cup water, 1 teaspoon salt and 1/4 teaspoon pepper. Cover and cook on low, undisturbed, 8 hours. Uncover and skim off any excess fat.
- ☐ Transfer the beef to a cutting board, let cool slightly and slice or shred by hand into bite-size pieces. Thin the vegetable-barley mixture in the slow cooker with some water, if desired. Divide among shallow bowls and top with the beef.
- ☐ Serve with horseradish, if desired.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:42.71, Glycemic Load:4.89, Inflammation Score:-10, Nutrition Score:41.043913193371%

Flavonoids

Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 531.83kcal (26.59%), Fat: 17.34g (26.68%), Saturated Fat: 7.34g (45.89%), Carbohydrates: 57.88g (19.29%), Net Carbohydrates: 45.67g (16.61%), Sugar: 8.06g (8.96%), Cholesterol: 97.81mg (32.6%), Sodium: 1111.93mg (48.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.85g (79.7%), Vitamin A: 16248.71IU (324.97%), Selenium: 63.52µg (90.75%), Zinc: 12.7mg (84.65%), Vitamin B12: 3.93µg (65.44%), Vitamin B3: 11.97mg (59.87%), Manganese: 1.17mg (58.45%), Potassium: 1832.62mg (52.36%), Phosphorus: 509.76mg (50.98%), Vitamin B6: 1mg (50.23%), Fiber: 12.21g (48.86%), Vitamin K: 47.94µg (45.66%), Vitamin B2: 0.64mg (37.51%), Copper: 0.7mg (34.81%), Iron: 5.87mg (32.59%), Magnesium: 101.58mg (25.39%), Vitamin B5: 2.29mg (22.9%), Folate: 91.11µg (22.78%), Vitamin B1: 0.34mg (22.75%), Vitamin C: 12.38mg (15%), Calcium: 123.29mg (12.33%), Vitamin E: 1.41mg (9.38%), Vitamin D: 0.2µg (1.32%)