



Slow Cooker Beef and Barley Soup



Dairy Free



Popular

READY IN



45 min.

SERVINGS



10

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8.8 ounces barley
- ☐ 1 pound stewing beef
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 cups carrots peeled sliced
- ☐ 1 cup celery chopped
- ☐ 2 cups cremini mushrooms sliced
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 0.5 cup flour all-purpose

- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 3 tablespoons garlic minced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 small jalapeño
- ☐ 1 teaspoon kosher salt
- ☐ 1.5 cups onion chopped
- ☐ 64 ounces reduced sodium beef broth
- ☐ 2 tablespoons worcestershire sauce
- ☐ 1 medium zucchini sliced chopped

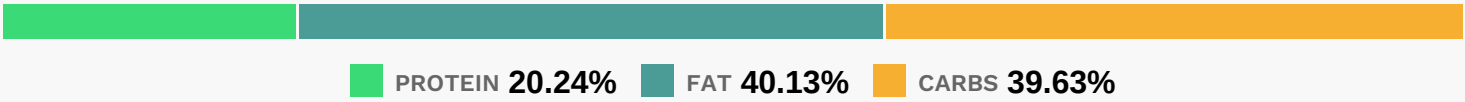
Equipment

- ☐ frying pan
- ☐ pot
- ☐ slow cooker

Directions

- ☐ Place beef pieces into a large ziptop bag.
- ☐ Add flour, salt and pepper. Shake to coat evenly.
- ☐ Heat olive oil in a large skillet or pot over medium heat. Brown coated beef pieces on both sides until browned, about 5 minutes per side.
- ☐ Transfer beef to 5 quart crock pot on high. In same skillet beef was browned, add 2 more additional tablespoons of olive oil.
- ☐ Saute carrots, celery, onions, mushrooms, zucchini, garlic and thyme. Cook and stir for about 10 minutes.
- ☐ Transfer to crock pot. Stir in beef broth, barley, salt, pepper and worcestershire sauce. Close with lid and cook on high for 3-4 hours. About an hour before soup is done, stir in fresh parsley.
- ☐ Serve with crusty bread.

Nutrition Facts



Properties

Glycemic Index:43.48, Glycemic Load:10.26, Inflammation Score:-10, Nutrition Score:20.876521853001%

Flavonoids

Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Apigenin: 3.56mg, Apigenin: 3.56mg, Apigenin: 3.56mg, Apigenin: 3.56mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg

Nutrients (% of daily need)

Calories: 311.81kcal (15.59%), Fat: 14.15g (21.76%), Saturated Fat: 4.25g (26.54%), Carbohydrates: 31.43g (10.48%), Net Carbohydrates: 24.99g (9.09%), Sugar: 3.76g (4.17%), Cholesterol: 32.21mg (10.74%), Sodium: 673.56mg (29.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.05g (32.11%), Vitamin A: 4579.22IU (91.58%), Manganese: 0.76mg (37.95%), Vitamin K: 36.45µg (34.72%), Selenium: 22.67µg (32.39%), Potassium: 923.56mg (26.39%), Fiber: 6.44g (25.76%), Vitamin B3: 4.49mg (22.44%), Zinc: 3.05mg (20.32%), Phosphorus: 196.1mg (19.61%), Vitamin B6: 0.39mg (19.52%), Vitamin B1: 0.29mg (19.48%), Vitamin B2: 0.3mg (17.74%), Vitamin C: 14.2mg (17.21%), Vitamin B12: 0.99µg (16.42%), Iron: 2.95mg (16.4%), Copper: 0.3mg (14.76%), Magnesium: 58.26mg (14.57%), Folate: 44.38µg (11.1%), Vitamin E: 1.23mg (8.21%), Vitamin B5: 0.74mg (7.39%), Calcium: 58.03mg (5.8%)