

# BEEF & BARLEY STEW

A classic beef and barley stew is a must-have recipe for your repertoire. Its cozy, warm, filling and can easily be made in advance! Just set in the crockpot to simmer for a low-effort, high-flavor meal that's ready when you come home! Dice and add any root vegetables you have laying around the house into the mix - we include onions and sweet potatoes, but carrots, celery, turnips, and winter squash would all be delicious too.



## Ingredients

- 8 oz flat iron steak
- 1 packet beef broth base (ours is .34 oz)
- 1 red or yellow onion
- 2 sweet potatoes
- 1 cup barley
- 2-3 tbsp butter
- 2 bay leaves

From your pantry

- 3-4 cloves of garlic
- 1-2 carrots
- 1 tsp Italian or Hungarian seasoning blend
- 2 tsp Worcestershire sauce
- oil
- salt and pepper

### Equipment:

- Large pot

**PREPARATION: 10 MIN**

**COOKING: 60 MIN**

**READY IN: 70 MIN**

**MAKES 6 SERVINGS**

## Directions

*Read through entire recipe before getting started.*

*Wash and dry all produce.*

**1.** Cut **carrots** into 1/2" pieces (peel if you want to, we like the peel). Remove ends from **onion** and medium dice. Remove peel from **sweet potato** and cut into 1/2" pieces. Mince or grate **garlic**. Cut beef into 1/2" cubes. Dissolve **beef broth base** into 5-6 cups of warm water.

**2.** Heat 1 Tbsp oil in a large pot over medium heat. Season **beef** with salt and pepper. Add beef to pot and sear for 3-4 min per side until golden brown. Remove from pot, add **butter** and melt, then add **onions**. Sauté onions for 4-5 min scraping the bottom of the pan to release the brown bits from the pot. Add **garlic** and sauté another 2-3 min.

**3.** Add **Italian seasoning, barley, carrots, sweet potatoes and any other vegetables** you are using. Sauté another 2-3 minutes, then add **beef broth, Worcestershire sauce, bay leaves**, and seared beef to pot. Season with salt and pepper to taste.

**4.** Cover and bring to a simmer. (This would be the time to transfer to a crockpot if you are using one! Set it to 4h on low and forget it!) Simmer for 45-60min until barley and beef are tender.

**5.** Divide beef and barley stew between bowls. Enjoy!

# Tips, Tricks, and Terms

## STRETCH YOUR BUDGET!

Help your local food scene thrive by purchasing locally produced proteins. Local meats tend to be more expensive, so we like to stretch our haul out by using smaller portions with other great ingredients. Try combining local meats with filling whole grains and vegetables.



When a recipe calls for a pound of meat (e.g. lasagna, chili, casserole), try swapping 1/4 - 1/2 lb with chopped mushrooms, shredded carrots, or a cooked whole grain or legume (lentils or beans) to give it more bulk.

This Beef & Barley Stew uses flavorful flat iron steak with barley and root vegetables for a filling dish for less!

## A little about...

**BARLEY:** originating in Ethiopia and southeast Asia, barley is loaded with fiber, B vitamins, vitamin E, iron, and zinc, as well as phytochemicals which act as antioxidants. *Hulled barley* is a whole grain rich in fiber *pearled barley* is more refined but is faster to cook

**BAY LEAVES:** leaves from the laurel tree used to flavor many slow cooked recipes like soups and sauces. Reminiscent of oregano or thyme, they add a subtle depth of flavor and are used whole and removed before eating.



## TRANSFORMING THE TABLE

Transforming the Table by Jenny Breen helps families, students, and professionals transform their work and lives with simple, accessible, experiential learning. With a straightforward and honest approach to teaching, people are empowered to make informed decisions about their food choices.

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