

# Beef and Barley Stew

Preparation time **20 minutes**

Cooking time **2 hours**

Servings **8**

Cost per serving **\$2.50**

Storage **3 days in the fridge.  
Can be frozen.**

Kitchen tools **Measuring cups and spoons, cutting board, vegetable peeler, sharp knife, large pot, plate, can opener, wooden spoon**



## Ingredients



20 ml (4 tsp) **canola oil**  
(divided: 7.5 ml [1½ tsp]  
+ 7.5 ml [1½ tsp]  
+ 5 ml [1 tsp])



725 g (about 1.5 lb)  
**stewing beef cubes**



**Salt** and **pepper**  
to taste



1 large or 2 small  
**yellow onions**,  
peeled and sliced



1 **garlic** clove,  
peeled and  
minced



5 ml (1 tsp)  
**mustard powder**



5 ml (1 tsp)  
**paprika**



1.5 litres (6 cups)  
**water**



1 can (796 ml)  
**whole tomatoes**



250 ml (1 cup)  
**dry pearl barley**

KEEP THE  
REMAINING SQUASH  
FOR ANOTHER  
RECIPE.

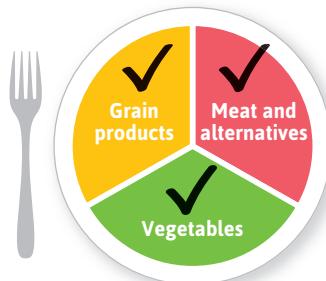


500 g (1 lb) **butternut**  
**squash**, peeled and diced  
(about 500 ml/2 cups,  
once diced)



2 **celery** sticks,  
chopped into  
large chunks

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## Balanced plate

Serve with:

- ?
- Vegetables (salad or cooked vegetables, for example) to round out the serving, and a fruit
- ?
- A grain product for dessert (cookies, for example) to round out the serving
- ?
- A glass of milk or fortified soy beverage

## Directions

**1** Heat 7.5 ml (1½ tsp) of oil in a large pot over medium-high heat. Add half of the beef cubes and cook until browned on all sides. Add salt and pepper and set aside on a plate. Repeat with the remaining beef cubes and set aside.

**2** Heat 5 ml (1 tsp) of oil in the same pot over medium-high heat. Add the onions and garlic and cook for 1 minute.

**3** Add the garlic, mustard powder, paprika, water, tomatoes, salt and pepper.

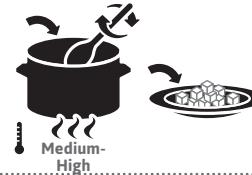
**4** With a wooden spoon, scrape the bottom of the pot and crush the tomatoes.

**5** Add the beef cubes that were set aside. Bring to a boil over high heat, then reduce heat to low and simmer for about 1 hour.

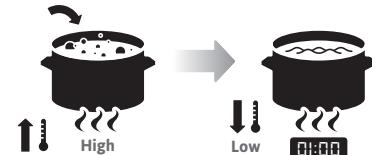
Add the barley, squash and celery and simmer for about 45 minutes.

**Tip:** Use the cooking time to prepare your side dishes.

**Variation:** Instead of the squash, you can use any vegetable of your choice (carrots, sweet potatoes, potatoes, rutabaga, for example).



x2



My rating: ★ ★ ★

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This original recipe was developed by Extenso -  
The Université de Montréal reference centre  
on human nutrition