

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.**

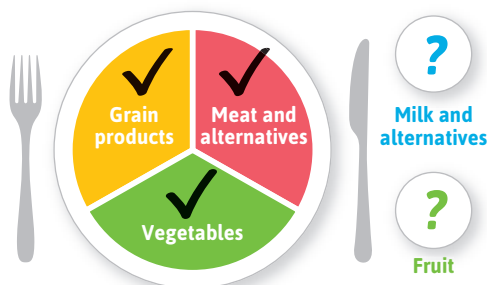


500 g (1 lb) **butternut
squash**, peeled and diced
(about 500 ml/2 cups,
once diced)



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.

- 6 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).



My rating: ★ ★ ★

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