

Beef and Barley Stew

Best Slow Cooker Recipes
Pillsbury Classic Cookbooks #370

Servings: 14

*1 (about 3 pound) boneless beef
sirloin tip roast*
1/2 cup all-purpose flour
1 teaspoon salt
1 teaspoon pepper
2 tablespoons vegetable oil
*2 containers (8 ounce ea) refrigerated
prechopped onion, celery and bell
pepper mix*
*3 medium (1-1/2 cups) carrots,
chopped*
*2 cans (14.5 ounce ea) diced tomatoes
with garlic, undrained*
3 cups reduced-sodium beef broth
1 cup water
1 cup uncooked pearl barley
1 teaspoon Italian seasoning

Preparation Time: 20 minutes

Spray a 5- to 6-quart slow cooker with cooking spray.

In a large resealable food-storage plastic bag, place the beef, flour and 1/2 teaspoon each of salt and pepper. Seal the bag; shake to coat the beef.

In a five-quart Dutch oven, heat the oil over medium-high heat. Cook the beef in oil until brown on all sides. Place in the slow cooker. Scatter the prechopped vegetables and carrots around the beef. Add the tomatoes, broth, water, barley, Italian seasoning and remaining salt and pepper.

Cover and cook on LOW heat setting for eight hours or until the beef is tender. Remove the beef from the slow cooker to a plate. Shred the beef using two forks. Return the beef to the slow cooker.

Start to Finish Time: 11 hours 20 minutes

Per Serving (excluding unknown items): 91 Calories; 2g Fat (21.3% calories from fat); 2g Protein; 16g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 160mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Vegetable; 1/2 Fat.

Slow Cooker, Soups, Chili and Stews

Per Serving Nutritional Analysis

| | | | |
|------------------|----|------------------|------|
| Calories (kcal): | 91 | Vitamin B6 (mg): | .1mg |
|------------------|----|------------------|------|

| | |
|--------------------------------|--------|
| % Calories from Fat: | 21.3% |
| % Calories from Carbohydrates: | 69.9% |
| % Calories from Protein: | 8.9% |
| Total Fat (g): | 2g |
| Saturated Fat (g): | trace |
| Monounsaturated Fat (g): | 1g |
| Polyunsaturated Fat (g): | 1g |
| Cholesterol (mg): | 0mg |
| Carbohydrate (g): | 16g |
| Dietary Fiber (g): | 3g |
| Protein (g): | 2g |
| Sodium (mg): | 160mg |
| Potassium (mg): | 97mg |
| Calcium (mg): | 11mg |
| Iron (mg): | 1mg |
| Zinc (mg): | trace |
| Vitamin C (mg): | 1mg |
| Vitamin A (i.u.): | 4343IU |
| Vitamin A (r.e.): | 434RE |

| | |
|---------------------|-------|
| Vitamin B12 (mcg): | 0mcg |
| Thiamin B1 (mg): | .1mg |
| Riboflavin B2 (mg): | trace |
| Folacin (mcg): | 12mcg |
| Niacin (mg): | 1mg |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 0 |
| % Refuse: | 0.0% |

Food Exchanges

| | |
|----------------------|-----|
| Grain (Starch): | 1 |
| Lean Meat: | 0 |
| Vegetable: | 1/2 |
| Fruit: | 0 |
| Non-Fat Milk: | 0 |
| Fat: | 1/2 |
| Other Carbohydrates: | 0 |

Nutrition Facts

Servings per Recipe: 14

Amount Per Serving

Calories 91 Calories from Fat: 19

% Daily Values*

| | |
|--------------------------------|-----|
| Total Fat 2g | 3% |
| Saturated Fat trace | 1% |
| Cholesterol 0mg | 0% |
| Sodium 160mg | 7% |
| Total Carbohydrates 16g | 5% |
| Dietary Fiber 3g | 11% |
| Protein 2g | |
| <hr/> | |
| Vitamin A | 87% |
| Vitamin C | 2% |
| Calcium | 1% |
| Iron | 4% |

* Percent Daily Values are based on a 2000 calorie diet.