

# Crock Pot Beef & Barley Soup

Gwen  
[www.SlowCookerKitchen.com](http://www.SlowCookerKitchen.com)

## Servings: 8

*2 pounds beef roast or stew meat*  
*1/2 cup flour*  
*1 to 2 tablespoons oil*  
*1 cup onions (optional), diced*  
*2 teaspoons garlic, minced*  
*2 cups carrots (can use frozen or baby carrots), chopped*  
*1 1/2 to 2 cups celery, chopped*  
*2 cups vegetable juice*  
*2 to 4 cups beef stock or broth*  
*1 to 1-1/2 cups regular barley water*

## Preparation Time: 10 minutes

### Slow Cooker: 8 hours

Dice the beef and/or carrots, if needed.

Place the meat and flour in a ziplock bag. Zip it up and shake well to coat. In a skillet, heat the oil over medium-high heat. Add the coated meat and garlic. Brown on all sides.

Place the meat mixture in the bottom of the crockpot. Add the carrots, celery, vegetable juice, beef broth and barley. Stir well.

Cook on LOW for eight to ten hours.

Add additional beef broth, vegetable juice or water to reach your desired consistency.

---

Per Serving (excluding unknown items): 283 Calories; 27g Fat (85.4% calories from fat); 1g Protein; 9g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 228mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 5 1/2 Fat.

Slow Cooker, Soups, Chili and Stews

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	283	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	85.4%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	12.8%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	1.8%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	27g	<b>Folacin (mcg):</b>	17mcg
<b>Saturated Fat (g):</b>	3g	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	16g	<b>Caffeine (mg):</b>	0mg

Polyunsaturated Fat (g):	6g
Cholesterol (mg):	0mg
Carbohydrate (g):	9g
Dietary Fiber (g):	1g
Protein (g):	1g
Sodium (mg):	228mg
Potassium (mg):	150mg
Calcium (mg):	12mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	18mg
Vitamin A (i.u.):	720IU
Vitamin A (r.e.):	72RE

Alcohol (kcal):	0
% Daily Value*	0%

## Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	5 1/2
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

<b>Calories</b>	283	Calories from Fat: 242
-----------------	-----	------------------------

### % Daily Values\*

<b>Total Fat</b>	27g	42%
Saturated Fat	3g	16%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	228mg	10%
<b>Total Carbohydrates</b>	9g	3%
Dietary Fiber	1g	3%
<b>Protein</b>	1g	
<b>Vitamin A</b>		14%
<b>Vitamin C</b>		29%
<b>Calcium</b>		1%
<b>Iron</b>		4%

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