

Coulee Creek

R A N C H

Beef & Barley Stew

PREP TIME: 20 MINUTES
COOKING TIME: 2 HOURS

Ingredients

- 1.5 Tbsp oil
- 1.5 lbs stew meat
- 1 cup carrots, chopped
- 1 cup onions, chopped
- 1/2 cup celery, chopped
- 2 garlic cloves, chopped
- 6 cups broth or water
- 3 cups diced tomatoes
- 1-2 tsp salt, to taste
- 2 bay leaves
- Spices to taste:
 - basil
 - parsley
 - rosemary
 - thyme
- 2/3 cup dry pearl barley
- 1 Tbsp balsamic vinegar
- 1 tsp honey or sugar
- freshly ground black pepper

Directions

- Heat oil in a heavy pot or dutch oven over medium heat.
- Add stew meat and brown with a little salt.
- Add carrots, onions, celery and garlic. Sauté 2-3 minutes more.
- Add broth, tomatoes, salt, bay leaves and spices.
- Bring to a boil. Reduce heat and simmer, partially covered.
- After one hour, add barley
- Simmer one more hour until barley and beef are both tender.
- Add balsamic vinegar and honey. Adjust spices if needed.