



## SLOW-COOKER BEEF AND BARLEY STEW

A slow-cooker is nice to come home to and the ideal appliance for cooking less tender but flavourful cuts of meat. Barley, a good source of fibre, thickens the stew without the need for flour. Serve this warming comfort food over mashed potatoes or with thick slabs of crusty whole-grain bread.

**Preparation Time:** 15 minutes  
**Cooking Time:** 10 minutes  
**Slow Cooker Time:** 8 to 10 hours  
*Serves 4*

1 lb (500 g)	Ontario Stewing Beef cubes
2 tbsp (25 mL)	vegetable oil
2	Ontario Onions, chopped
2	Ontario Carrots, chopped
2 cups (500 mL)	beef broth
1/2 cup (125 mL)	pot <b>or</b> pearl barley, rinsed
1 tbsp (15 mL)	<b>each</b> packed brown sugar, tomato paste and red wine vinegar
1/2 tsp (2 mL)	<b>each</b> salt and dried thyme leaves
1/4 tsp (1 mL)	pepper
1 cup (250 mL)	frozen peas, thawed

Trim any excess fat from beef, cut any large pieces smaller. Heat 1 tbsp (15 mL) oil in large skillet over medium-high heat; cook beef until browned, in 2 batches if necessary. Transfer to slow-cooker.

Add remaining oil to pan; cook onions and carrots a few minutes until lightly softened. Stir in broth, barley, brown sugar, tomato paste, vinegar, salt, thyme and pepper; bring to simmer. Pour into slow-cooker; cover and cook on LOW for 8 to 10 hours (or on HIGH for 4 to 5 hours) until beef and barley are tender. Turn off slow-cooker. Stir in peas and let stand for 10 minutes to heat peas.

### Nutritional Information:

1 Serving:

PROTEIN:	34 grams
FAT:	17 grams
CARBOHYDRATES:	38 grams
FIBRE:	5 grams
CALORIES:	439