

Beef

Beef Stew with Barley

Publix Aprons

- 1 large zip-top bag**
- 2 1/2 pounds boneless beef chuck roast**
- 3 tablespoons flour**
- 1 teaspoon pepper**
- 2 tablespoons canola oil**
- 5 petite red potatoes**
- 1 large onion**
- 4 ribs celery**
- 8 ounces fresh-cut carrots**
- 1 box (32 oz) reduced-sodium beef broth**
- 1 can (14 1/2 oz) italian-style tomatoes, diced**
- 1 bay leaf**
- 1 cup quick-cooking pearled barley**

Preheat large saute' pan on medium-high for 2-3 minutes.

Cut beef into 3-inch chunks. Place in large zip-top bag, beef, flour and pepper; seal and shake to coat. Place oil in pan, then add beef; cook 2-3 minutes on each side or until browned.

Cut potatoes into quarters. Peel onion; cut into quarters. Cut celery into 1/2-inch-pieces. Place beef in slow cooker. Add remaining ingredients (except barley), cook 4-6 hours on HIGH or 8 hours on LOW.

Stir in barley, about one hour before serving. Do not replace lid, cook 1 hour, uncovered, or until barley and beef are both tender.

Remove bay leaf and serve.

Per Serving (excluding unknown items): 731 Calories; 28g Fat (34.1% calories from fat); 14g Protein; 109g Carbohydrate; 14g Dietary Fiber; 0mg Cholesterol; 436mg Sodium. Exchanges: 5 1/2 Grain(Starch); 4 Vegetable; 5 1/2 Fat.