

Beef Barley Stew

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A simple beef barley stew that is perfect for any night of the week. This savory soup is bursting with flavor even though it is deceptively simple to make. Red wine and diced tomatoes tie together savory beef and healthy barley for a wonderful and easy dish that goes well with crusty bread or red wine.

Ingredients:

4 c. sirloin, cubed
1 Tbsp olive oil
½ c. chopped carrot
½ c. chopped celery
½ c. chopped onion
1 Tbsp butter
3 c. beef broth
1 c. red table wine
4 c. water
1 (14.5 oz) can diced tomatoes, undrained
1 c. barley
1 ½ tsp salt
½ tsp pepper
1 tsp basil
½ tsp dried Greek oregano
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Directions:

1. In large Dutch oven or soup kettle heat 1 Tbsp olive oil over medium heat. Add beef and cook until browned on all sides. Add onions and saute until just tender. Add carrots and celery and cook 5 minutes more.
2. Add broth, water, wine, tomatoes, barley, salt, pepper and spices and bring to a boil. Reduce heat and simmer, uncovered for 20-40 minutes. Serve hot.

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