

Nourish Program's Beef, Barley and Lentil Stew

Yield: ~6 servings

Serving size: 1.5 cups

Amount:

1 Tbsp.

1 lb.

1 each

2 each

2 each

1 Tbsp

1 Tbsp

½ tsp

¼ tsp

½ cup

½ cup

1 each

4 cups

Ingredient:

Canola oil

Ground beef, lean (90/10)

Onion, white or yellow, small dice

Carrots, medium size, small dice

Sweet potatoes, medium size, small dice

Italian seasoning, salt free

Smoked paprika (sweet)

Kosher salt

Cayenne pepper, ground

Barley, uncooked

Green lentils, uncooked

Tomatoes, crushed (15 oz can), low sodium

Vegetable broth, low sodium

Method:

1. Heat oil in a medium stockpot over medium high heat until hot and shimmering
2. Add beef and sauté until browned, about 2-3 minutes, drain excess fat
3. Add onions, sauté until onion is translucent, about 2-3 minutes
4. Stir in remaining ingredients, bring to a boil and reduce heat to low
5. Continue cooking, stirring occasionally, until barley is cooked and tender, about 35 minutes

Helpful Tips:

- Substitute other lean ground meat (chicken, turkey, or pork) for ground beef
- Substitute a bag of frozen onions for fresh
- Substitute a bag of frozen mixed vegetables for fresh vegetables

Equipment Needs:

- Large soup pot
- Wooden spoon
- Chef knife
- Cutting board
- Non-slip padding
- Measuring spoons
- Measuring cups (liquid)