

# BEEF AND BARLEY STEW

yield: 8 SERVINGS   prep time: 20 MINUTES   cook time: 1 HOUR   total time: 1 HOUR 20 MINUTES

*Melting-tender beef chunks, perfectly cooked barley, and all the hearty veggies one can ask for.*

*Best of all, it's freezer-friendly!*

## INGREDIENTS:

- 2 tablespoons olive oil
- 1 1/2 pounds top sirloin steak, diced
- Kosher salt and freshly ground black pepper, to taste
- 1 medium sweet onion, diced
- 3 medium carrots, peeled and diced
- 2 celery ribs, diced
- 3 cloves garlic, minced
- 2 cups sliced mushrooms
- 1/3 cup dry red or white wine
- 8 cups beef stock
- 1 cup pearled barley, rinsed
- 5 sprigs fresh thyme
- 1 bay leaf
- 2 tablespoons chopped fresh parsley leaves



## DIRECTIONS:

1. Heat olive oil in a large stockpot or Dutch oven over medium heat. Season steak with salt and pepper, to taste. Add to the stockpot and cook, stirring occasionally, until evenly browned, about 6-8 minutes; set aside.
2. Add onion, carrots and celery. Cook, stirring occasionally, until tender, about 3-4 minutes.
3. Add garlic and mushrooms, and cook, stirring occasionally, until tender and browned, about 3-4 minutes.
4. Stir in wine, scraping any browned bits from the bottom of the stockpot.
5. Stir in beef stock, barley, thyme, bay leaf and steak. Bring to a boil; reduce heat and simmer, covered, until barley is tender, about 45 minutes. Remove and discard thyme sprigs and bay leaf. Stir in parsley; season with salt and pepper, to taste.\*
6. Serve immediately.

## NOTES:

*\*TO FREEZE: Let cool completely; portion into plastic freezer bags in individual servings, squeezing out any excess air before sealing. Lay the bags flat in a single layer in the freezer (this will help them*

*freeze quickly). To reheat, thaw overnight in the fridge, reheating over low heat, stirring occasionally, until heated through.*

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