



# Beef and Barley Stew

(Serves 8)

## Ingredients

- 1 10 ¾ oz can cream of mushroom soup, low sodium**
- 2 14 oz can beef broth, low sodium**
- 1 15 oz can whole kernel corn, drained**
- 1 14 oz can diced tomatoes, no salt added**
- 1 medium onion, diced**
- 5 medium potatoes, diced**
- 5 long carrots, sliced**
- ½ cup barley**
- 2 cloves garlic, chopped**
- 1 lb. beef stew meat in cubes**

## Instructions

In a 5- or 6-quart slow electric cooker, pour all cans of soup, vegetables, broth, corn, and tomatoes. Add garlic, onions, potatoes, carrots, and barley. Add stew meat. Stir mixture. Add water if necessary to make sure solids are covered with moist ingredients. Cover and cook for 4 hours on high or 8 hours on low.

## Nutrition Facts

Serving Size (396g)			
Servings Per Container			
Amount Per Serving			
Calories	320	Calories from Fat	80
% Daily Value *			
<b>Total Fat</b>	<b>9g</b>		14%
Saturated Fat	3g		16%
<b>Cholesterol</b>	<b>60mg</b>		19%
<b>Sodium</b>	<b>220mg</b>		9%
<b>Total Carbohydrate</b>	<b>35g</b>		12%
Dietary Fiber	6g		22%
Sugars	6g		
<b>Protein</b>	<b>24g</b>		
Vitamin A	30%	Vitamin C	35%
Calcium	4%	Iron	20%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Source: [BetterRecipes.com](http://BetterRecipes.com)



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

This material was funded by USDA's Food Stamp Program and Expanded Food and Nutrition Education Program.

