

Main Dish

Dutch Oven Beef and Barley

Makes 6-8 servings

Prep time: 10 minutes of chopping

Allergy Alert: Gluten in the barley

Ingredients

1 can Pearl barley

3 can 10 1/2 oz beef consume

1.5 – 2 lb Ground beef/or diced stew meat

2 cups Water

1 md 8 oz onion chopped

1 Bay leaf

1 Clove garlic; minced

4 Carrots

Salt and pepper; to taste

3 Ribs celery; diced

Optional: 1 can Tomato soup

1 can 28 oz tomatoes

Croutons for garnish

Slow Cooker Instructions

Ready for testing and writing

Dutch Oven Instructions

Cooking time: 1.5 - 2 hours

Ideal Dutch Oven size: 12"

Coals: Bottom 26, Top 0.

1. Brown beef, onion, and garlic in Dutch oven until meat is no longer pink.
2. Add barley and remaining ingredients, except croutons.
3. Cover and cook simmering 1 1/2 to 2 hours.
4. Serve with garnish of croutons.