

Easy Crockpot Beef, Barley, and Mushroom Stew

Recipe By *Gitta Bixenspanner*



Cooking and Prep:  3 h

Serves:  4

Contains: 

Preference: Meat

Difficulty: Easy

Diet: No Refined Sugar

Source: Family Table by

Mishpacha Magazine

Here is a meal-in-one dish that is ready whenever you are! Beef can be substituted with chicken with equally good results.

Ingredients (7)

Main ingredients

- 1 pound lean beef stew meat
- 1 cup peas and carrots, fresh or frozen
- 2 stalks celery, chopped
- 1/2 cup pearl barley, washed
- 8 ounces mushrooms, whole or sliced
- 2 cups water
- 2 tablespoons dry onion soup mix

Start Cooking

Make the Stew

1. Brown the meat in a skillet over medium-high heat. (This gives the meat more flavor and helps it hold together better, but you can skip this step to save time.)
2. Place peas, carrots, celery, and barley on the bottom of a four-quart crock-pot, and place meat on top. Place mushrooms on top of the meat. Combine water and soup mix and pour over meat.
3. Cook on low for six to eight hours or on high for three to four hours. Serve with a tossed salad for a complete meal.