

Barley Vegetable Stew (Main Courses, Soups & Salads)

- 1 lb lean beef, cubed
- 8 cups water
- 1 (14 oz) can chopped tomatoes
- 1 package Halladay's Harvest Barn Farmhouse Vegetable Barley Stew Mix
- 3 carrots, peeled and chopped
- 3 celery stalks, chopped

In a skillet, brown the beef on all sides. In a stockpot, combine browned beef, water, chopped tomatoes and Vegetable Stew package contents. Cover and simmer for 1 to 1 ½ hours (4 to 6 hours in the crockpot). Add carrots and celery and simmer for additional hour, or until tender.

VARIATIONS:

Add a package of frozen mixed veggies (carrots, green beans and peas) in the last 10 minutes.

Add one pound of sauteed sliced mushrooms in the last 10 minutes (may omit beef, if desired).

Add 2 cups of butternut squash (cooked and cubed) and some kale, substitute regular or turkey sausage for the beef.

Substitute one pound of ground turkey or TVP (textured vegetable protein) for Beef.

Simmer away and enjoy some comforting soups on these chilly days. Stay well and enjoy everyone!