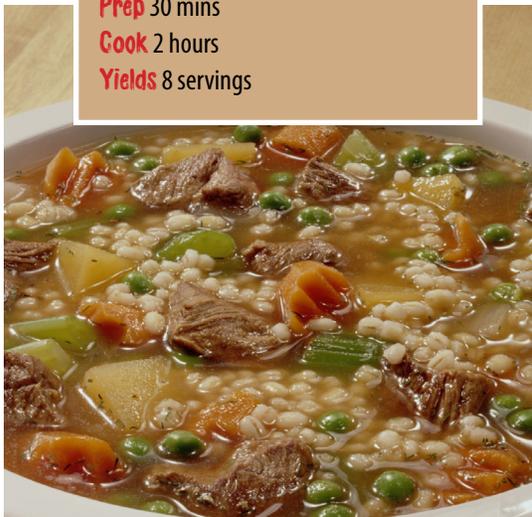




Culinary Practice Recipe

Prep 30 mins
Cook 2 hours
Yields 8 servings



Beef and Barley Soup

Prepare Ingredients

1 tbsp (15 mL)
vegetable oil
**1 lb (500 g) beef
stewing cubes,
trimmed**
6 cup (1.5 L)
vegetables, cut in
small pieces (i.e.
onions, carrots, celery,
rutabaga and/or
potatoes)

¼ cup (50 mL) pot or pearl barley
1 can (10 oz/284 mL) beef broth
¼ tsp (1 mL) dried thyme
¼ tsp (1 mL) dillweed
¼ tsp (1 mL) pepper
1 bay leaf

Cook

Heat oil in **Dutch oven** over medium-high heat; brown beef cubes. Stir in vegetables, barley, broth, thyme, dillweed, pepper and bay leaf.

Add 4 cups (1 L) water; bring to boil. Reduce heat to simmer; cover and cook for about 2 hours or until beef and barley are tender.

Discard bay leaf before serving.



Stewing beef is less-tender but flavourful cuts of beef that are cooked using slow moist heat.

Stewing beef can be **slow-simmered** on the stove top, in the oven or in a slow cooker.

This recipe uses the stewing beef in a soup, but it can be used to make a stew with many combinations of vegetables and seasonings.

Braising is a technique used with both large cuts of meat and smaller cubes of beef like stewing cubes. Braising refers to any dish where the main ingredient is quickly browned and then slowly cooked in liquid at a low temperature.

1. Cut meat from bone, into cubes if necessary. Coat beef with a mixture of flour, salt and pepper; shake off excess. In lightly oiled Dutch oven or stockpot, brown meat in batches.
2. Add onions and other seasoning, as desired. Add enough liquid, such as broth or tomato juice, to just cover beef.
3. Cover and simmer in 325°F (160°C) oven or on stove top for at least 1 hour or until fork-tender. Add chunks of vegetables and cook for 30 minutes longer or until vegetables are tender.



Watch a video that demonstrates how to braise stewing beef at <https://canadabeef.ca/stewing-beef-know-how/>.



Culinary Practice Recipe

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What ingredient substitutions do you think you could make in this recipe?



How are beef stewing cubes an example of a mechanically-tenderized meat?



You can use beef simmering steak instead of stewing cubes in this recipe. Trim the steak and cut into 1-inch (2.5 cm) cubes.

This dish provides a good source of iron (13% DV) and an excellent source of zinc (39% DV).

Nutrition Facts	
per serving	
Amount	
Calories	173
Protein	15 g
Fat	6 g
Carbohydrate	15 g

Recipe and image courtesy of Canada Beef <https://canadabeef.ca/recipe/beef-and-barley-soup/>