

Braised Beef With Mushrooms & Barley

Looking for a flavorful roast recipe? Try this favorite served with barley and mushrooms.



INGREDIENTS

- 1 beef Chuck Roast (about 3 pounds)
- 1 tablespoon vegetable oil
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 pound medium cremini or button mushrooms, halved
- 1 medium onion, chopped
- 3 teaspoon minced garlic
- 1-1/4 cups beef broth
- 1 bay leaf
- 1/2 cup medium pearl barley
- 1 cup frozen peas, defrosted
- 1/3 cup dairy sour cream (optional)

3.00 Hours 8 Servings 42 Cal 30g Protein

COOKING

1. Heat oil in stockpot over medium heat until hot. Brown beef Chuck Roast; remove. Season with salt and pepper.
2. Add mushrooms, onion and garlic to stockpot; cook and stir until onion is lightly browned. Add broth and bay leaf. Return roast; bring to a boil. Reduce heat; cover tightly and simmer 1-1/2 hours. Stir in barley; continue cooking, covered, 45 to 60 minutes or until roast is fork-tender and barley is fully cooked. Remove roast; keep warm. Discard bay leaf.
3. Add peas and sour cream to barley. Cook and stir over low heat just until heated through. Carve roast. Serve with barley.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
8		9.8g	84mg		15g	30g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com