

& Barley

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

INGREDIENTS

1 beef Shoulder Roast Boneless (2-1/2 to 3-1/2 pounds)

1 beef Shoulder Roast Boneless (2-1/2 to 3 pounds)

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3.00
Hours



8
Servings



42 Cal



30g
Protein

[illegible]

[illegible]

1 tablespoon vegetable oil

[illegible]

[illegible]

[illegible]

1 teaspoon salt

[illegible]

[illegible]

1 teaspoon salt

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[illegible]

[illegible]

1 medium onion, chopped

[illegible]

[illegible]

[illegible]

3 teaspoon minced garlic

[illegible]

3 teaspoon minced garlic

3 teaspoon minced garlic

1-1/4 cups beef broth

[illegible]

[illegible]

1-1/4 cups beef broth
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1 bay leaf
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1/2 cup medium pearl barley

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

1 cup frozen peas, defrosted

1/3 cup dairy sour cream (optional)

[illegible]

[illegible]

1/3 cup dairy sour cream (optional)
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COOKING

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149. 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. Remove roast; keep warm. Discard bay leaf.

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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