

# Delicaé Gourmet Product Information

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## # 48321 Grandpa's Favorite Beef Barley Soup

A delicious chicken dinner with vegetables and rice that puts a smile on Grandpa's face.

### Just add Beef and Broth.

**Ingredients:** Barley, Dehydrated Vegetables (Carrots, Onion, Corn, Celery, Mushrooms), Garlic, Thyme, Bay Leaf and Black Pepper.

### Ingredients needed

You will need (6 quart slow cooker)

2 lbs. of lean stew beef, chuck roast or brisket cut into cubes

4 cups of low sodium beef broth

4 cups of low sodium chicken broth

3 cups of water

8 oz. of fresh mushrooms or an 8 oz. can of mushrooms drained (optional)

1 cup of red table wine (optional) **Do not use cooking wine.**

### Cooking Instructions

1. Place the beef cubes in the bottom of the slow cooker.
2. Rinse and sort the barley then layer over the beef.
3. Layer the contents of the vegetable and spice packets over the barley.
4. Slowly pour the beef broth, chicken broth and water (add wine if desired) over the ingredients. **Do not stir.**
5. Add mushrooms if desired.
6. Cover and cook on high for 4½ to 5½ hours or low for 7½ to 8½ hours.

### Serving Suggestions

Serve topped with grated parmesan cheese.

Top with chopped fresh parsley.

Add roasted garlic to the soup.

Add ½ cup of tomato sauce to the broth.

Serve with a tossed green salad.

When reheating leftover soup add water or broth.

Soup freezes well in individual containers for lunch.

### Stove Top Cooking Instructions: (For those without a slow cooker.)

1. Sort through barley and rinse well with a lot of water.
2. In a large stock pot, brown beef over medium-high heat. Stir meat constantly to avoid burning, cooking 10 – 15 minutes.
3. Reduce heat to low and add barley and beef broth.
4. Cover and cook 45 minutes to one hour.
5. Turn heat to simmer, adding contents of vegetable and spice packets.
6. Add 4 cups of chicken broth and water.
7. Cover and let simmer for one hour while stirring often.
8. Add canned mushrooms and wine and simmer for another hour.
9. Check vegetables for tenderness.
10. Garnish, add salt and pepper if needed. Serve.

## Nutrition Facts

Serving Size As Packaged 1.2 oz. (33g)

As Prepared 12.5 oz (355g)

Servings Per Container 10

Amount Per Serving	As Packaged	As Prepared	
<b>Calories</b>	120	250	
Calories from Fat	5	45	
<b>% Daily Value**</b>			
<b>Total Fat</b> 0g*	<b>0%</b>	<b>8%</b>	
Saturated Fat 0g	<b>0%</b>	<b>8%</b>	
Trans Fat 0g			
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>13%</b>	
<b>Sodium</b> 30mg	<b>1%</b>	<b>14%</b>	
<b>Total Carbohydrate</b> 26g	<b>9%</b>	<b>9%</b>	
Dietary Fiber 5g	<b>20%</b>	<b>20%</b>	
Sugars 3g			
<b>Protein</b> 3g			
Vitamin A	110%	110%	
Vitamin C	6%	6%	
Calcium	4%	4%	
Iron	6%	15%	
<small>* Amount in Mix. As prepared, one serving provides 5g total fat (1.5 saturated fat), 40mg cholesterol, 330mg sodium, 27g carbohydrate (5g fiber, 4g sugar) and 25g protein.</small>			
<small>**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	* Carbohydrate	4 * Protein 4