

Hungarian Barley Stew

Ingredients

- 2 tbsp vegetable oil
- 1 ½ cups chopped onion
- 1 clove garlic, minced
- 2/3 cup Quaker® - Medium Barley
- 1 lb beef boneless chuck, tip or round roast
- 1 tbsp sugar
- 1 28 oz can whole tomatoes, undrained, chopped
- 1 tbsp paprika
- 1/2 tsp salt (optional)
- Sour cream (optional)

How to make it

1. In 4-quart saucepan or Dutch oven, brown meat in oil.
2. Add onion and garlic.
3. Cook until onion is tender; drain.
4. Stir in remaining ingredients except sour cream.
5. Bring to a boil.
6. Reduce heat to low; cover.
7. Simmer 45 to 50 minutes or until meat and barley are tender, stirring occasionally.
8. Top each serving with sour cream, if desired.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	45 min	55 min	8

Made with



Quaker® - Medium Barley