

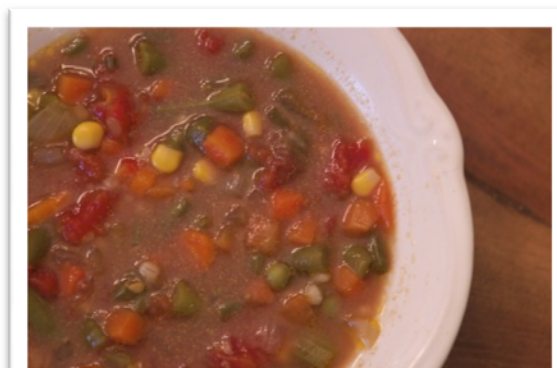
# Main Course

## Crockpot Beef Barley

This is a satisfying and wholesome one pot meal. The red wine is a unique twist on the standard broth. Once you get the hang of the base, switch up the veggies as you see fit.

### You'll Need

- 3 pounds beef (shoulder, or roast), cubed
- 1/2 red bell pepper, chopped
- 1 small onion, diced
- 1 package frozen lima beans
- 1 can white beans (great northern), drained
- 1 can whole kernel corn, drained
- 1 cup uncooked barley
- 1 large can diced tomatoes
- 1 small can tomato paste
- 1, 32 ounce carton, beef broth
- 1 cup red wine
- 3 cloves garlic
- Salt and pepper



### Directions

- Into the crock pot, add all ingredients.
- Cover and cook on low setting for 8 to 14 hours (or keep on high setting for 5 to 7 hours).

### Play with Your Food

- Switch up the veggies as you see fit. Try green beans, carrots, or zucchini.
- If you need this dish to be gluten-free replace the barley with brown rice or some potatoes.

Medwell Kitchen Tested