**Nutrition Information** (per 8 oz. cup portion)

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Carbohydrates</th>
<th>Fiber</th>
<th>Protein</th>
<th>Sugar</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td>159</td>
<td>26 mg</td>
<td>681 mg</td>
<td>16 g</td>
<td>2.5 g</td>
<td>9.7 g</td>
<td>2.1 g</td>
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<tr>
<td>Fat</td>
<td>6.5 g</td>
<td></td>
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<td>Saturated Fat</td>
<td>2.4 g</td>
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</tbody>
</table>

**Ingredients**

- 1/4 c. all-purpose flour
- 1 tsp. kosher salt
- 1/2 tsp. coarse ground pepper
- 12 ½ ounces of lean stew beef, cubed in 1/2 inch pieces
- 2 ½ tbsp. extra virgin olive oil
- 2 ¼ ounces of portobello mushroom caps, remove gills and slice
- 6 ounces of Spanish onion, chopped
- 7 ounces of fennel, chopped
- 1 ½ tsp. chopped garlic
- 2 ½ qts. beef broth
- 10 ounces of butternut squash, cubed
- 8 ounces of baking potato, cubed
- 6 ounces of carrots, 1/2 inch slices
- 2/3 c. of barley
- 1/2 tsp. dried thyme leaves
- 1/8 tsp. nutmeg
- 1/4 c. chopped parsley

**Preparation**

Makes 13, 8-oz. cup servings

Preheat oven to 425 °F. Combine flour, salt, and pepper in a small bowl. Toss beef in the flour mixture to coat. Heat 2 tbsp. of olive oil in pot. Brown the beef in the olive oil and remove from pan. Add the chopped mushrooms, fennel, and onion to the pan. Cook for 4-5 minutes. Add garlic and cook 1 more minute. Add the beef broth and bring to a simmer. Stir in the barley and the browned beef. Cover and simmer for 50 – 60 minutes. Toss the remaining vegetables and olive oil together. Bake at 425 °F for 20 – 25 minutes. Once the barley is tender, add the roasted vegetables, seasonings, and parsley. Serve.