



Hungarian Barley Stew



SERVINGS



COOKING TIME

8 (1 Cup) Servings

-

Hungarian Barley Stew is hearty, comforting, and a perfect addition to your meal rotation. This stew will warm you up on a cold day or fill you up after a busy one. The vegetables and beef in this recipe will melt in your mouth for the ultimate comfort.

Ingredients

- 2 Tablespoon(s) vegetable oil
- 1-1/2 Cup(s) chopped onion
- 1 Clove(s) Garlic, minced
- 2/3 Cup(s) [Quaker® - Medium Barley](#)
- 1 Pound(s) beef boneless chuck, tip or round roast
- 1 Tablespoon(s) Sugar
- One 28-ounce can whole tomatoes, undrained, chopped
- 1 Tablespoon(s) Paprika
- 1/2 Teaspoon(s) salt (optional)
- Sour cream (optional)

Cooking Instructions

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.