

# Barley burger stew

## Ingredients

- 1 lb Ground beef, lean
- 1 cup onion, chopped
- 1 cup celery, chopped
- 36 ozs tomato juice
- 1 cup water
- 1 tsp salt
- 2 tsps chili powder (or up to 1 Tablespoon)
- 1/2 tsp pepper
- 1/2 cup pearl barley , uncooked

## Instructions

In 6 qt saucepan, cook and stir meat and onion until meat is brown and onion is tender. Drain off fat.

Stir in remaining ingredients; heat until boiling.

Reduce heat; cover and simmer until barley is done, about 1 hour.

## Summary

**Yield:** 4

**Source:** Betty Crocker's  
Cooking for Two

**Prep Time:** 1 1/2 hours

**Category:** Stews

**Cuisine:** American