



Hearty Harvest Beef & Barley Stew

Protein: Ground Beef | Method: Stovetop/Slow Cooker

Our Hearty Harvest Beef & Barley Stew is a cozy bowl filled with tender beef, earthy barley, and the sweetness of fall cider.

Ingredients:

- 1 lb ground beef
- 1 tbsp olive oil
- 1 onion, diced
- 2 carrots, chopped
- 2 celery stalks, chopped
- 2 cloves garlic, minced
- 1 cup mushrooms, sliced
- 1 cup pearl barley
- 6 cups beef broth
- 1 cup apple cider
- 2 tsp fresh thyme (or 1 tsp dried)
- 1 bay leaf
- Salt & pepper



Instructions:

1. Brown beef in oil; drain.
2. Add vegetables and sauté until soft.
3. Stir in barley, broth, cider, herbs, salt, and pepper.
4. Simmer 1–1.5 hours (or slow cook on low for 6–7).
5. Remove bay leaf before serving.

Serving Tip: Serve with rustic sourdough bread.

Nevada Farm Fact: Did you know Nevada has more cattle than people in many rural counties? Beef ranching has been a way of life here for generations, and it's one of the state's top agricultural industries. No wonder hearty fall recipes so often start with beef raised right here at home.

