

Substitute half of the ground beef with ground pork to give this chili a richer flavor.

6 HR 20 MIN

KITCHEN TIP

Beef-Barley Soup

Add the peas at the end to preserve their fresh flavor and bright green color.

PREP TIME: 10 MIN START TO FINISH: 8 HR 20 MIN

KITCHEN TIP

- 1½ lb beef stew meat
- 2 medium carrots, sliced (1 cup)
- 1 medium onion, chopped (½ cup)
- 1 cup sliced fresh mushrooms
- 4 cans (10.5 oz each) condensed beef consommé
- ½ cup uncooked pearled barley
- 2 dried bay leaves
- 1 cup Green Giant Select® LeSueur® frozen baby sweet peas (from 1-lb bag)

1. In 4- to 5-quart slow cooker, mix all ingredients except peas.
2. Cover and cook on Low heat setting 8 to 9 hours.
3. About 10 minutes before serving, stir in peas. Increase heat setting to High. Cover and cook about 10 minutes or until peas are cooked through. Remove bay leaves. **6 servings (1½ cups each).**

High Altitude (3500-6500 ft): No changes.

Per serving: Calories 150 (Calories from Fat 30); Tot Fat Saturated Fat Cholesterol 30mg Sodium 120mg Carbohydrate 35g Dietary Fiber 10g Protein 20g % Daily Value, Vitamin A 70%, Vitamin C 10%, Calcium 6%, Iron 24%. **Exchanges:** 1 Starch, 2 Vegetable, 4 Lean Meat. **Carbohydrate Choices:** 3½.

