

BEEF AND BARLEY STEW

1 pound ground beef
1 medium onion, chopped
1/2 cup celery, chopped
1 1/2 cup carrots, sliced
1 46-ounce V-8 juice (can use tomato juice but V-8 has more flavor)
1/2 cup water
1/2 cup medium pearl barley
1 Tbs. chili powder
1 tsp. salt
1/2 tsp. pepper
frozen corn (optional)

Brown ground beef with the onion and celery until beef is cooked through and the vegetables are soft. Drain the fat. Stir in the carrots, vegetable juice, water, barley and spices. Bring to a boil and then reduce the heat to a simmer - cover and allow to simmer for 50-60 minutes or until the barley and carrots are tender.

If adding frozen corn, add it just the last five minutes before serving.

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