

A couple of us in the neighborhood made this recipe from Publix Apron's Simple Meals, and we enjoyed it. We thought it was worth sharing.

## Beef Stew With Barley

large Glad Lock freezer bag

2 1/2 lb. Boneless Beef Chuck Roast  
3 Tbs. flour  
1 tsp. pepper  
2 Tbs. Canola Oil  
4-5 petite red potatoes (rinsed)  
1 large onion  
4 celery ribs  
8 oz. fresh cut carrots  
1 (32-ounce) box Low Sodium Beef Broth  
1 (14.5-ounce) can Diced Tomatoes with Basil, Garlic and Oregano  
1 Bay Leaf  
1 cup quick-cooking pearled Barley

Preheat large saute pan on medium high 2-3 minutes. Cut beef into 3 inch chunks and place in large zip-lock bag, beef, flour and pepper.

Seal tightly and shake to coat. Place oil in pan; swirl to coat. Place beef in pan and cook 2-3 minutes on each side or until browned.

While meat browns, cut potatoes into quarters. Remove ends and peel from onion; cut onion into quarters. Cut celery into 1/2 inch pieces.

Place meat in slow cooker. Add remaining ingredients (except Barley); cook 4-6 hours on high or 8 hours on low.

About one hour before serving, stir in Barley. Do not replace lid. Cook uncovered 1 hour or until Barley and beef are both tender. Remove Bay leaf and serve.

Hint-- Cook the Barley separately, and that way you can add as much as you want. Barley tends to expand.

This Apple Crisp recipe is a little different from other apple crisp recipes I've made in the past. My company liked it a lot.

## Deluxe Apple Crisp

6 cups apples, sliced ( I used Granny Smith's)  
1/2 cup granulated sugar  
1 tsp. cornstarch  
1/2 cup evaporated milk  
1 cup quick cooking oats  
1/3 cup all purpose flour  
1/2 cup brown sugar  
1/2 tsp. salt  
1 tsp. Cinnamon  
1/3 cup butter, melted  
1/3 cup evaporated milk

Place sliced apples in 8X8 baking dish. Mix sugar and cornstarch, stir in the evaporated milk and pour

over the apples. Mix the oats, flour, brown sugar, salt and cinnamon together, stir in the melted butter until mixture is crumbly. Spread mixture on top of Apples, Spoon 1/3 cup evaporated milk over crumbs. Bake at 325o for 60 to 70 minutes or until apples are tender.