

# Beef & Barley Stew (Dehydrated)



## Ingredients

- 1/3 cup dehydrated cooked barley
- 1/4 cup dehydrated ground beef
- 1 tablespoon dehydrated carrots
- 1 tablespoon dehydrated green beans
- 1 teaspoon dehydrated celery
- 1 tablespoon tomato sauce powder
- 1 teaspoon dried thyme
- 1 teaspoon low-sodium bouillon powder

## Info

- **Prep:** 5
- **Cook:** 5
- **Serves:** 1
- [Source](#)



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## Directions

1. Pour Beef & Barley Stew mixture into the pot; add 1 cup water.
2. Place pot over medium heat and bring to a boil.
3. Cook, stirring occasionally, for about 10 minutes.
4. Remove from heat, cover, and let stand for another 5-10 minutes to rehydrate meal completely.

[barley](#), [ground beef](#), [beef](#), [carrot](#), [green beans](#), [celery](#), [tomato powder](#), [bouillon](#), [dehydrated](#)

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