

For those who will be cooking along with the program, you will need either a [crockpot/slow cooker](#) (this is preferred), or you can plan to [cook in a Dutch oven](#)/cast iron pot in the oven, overnight at 200 degrees F. I have not found success using an Instant Pot or other pressure cooker - it will come out as a beef and barley soup, and the goal is a chili-like stew. Either way, plan to cook the stew for 16 hours, or up to 23 hours.

If vegetarian, I highly recommend still using a vegetarian kishka, and you can try to follow one of these [recipes, which alternatively use beets and squash](#) or [carrots and prunes](#).

**Here is what you will need:**

[Slow cooker liners](#) (if using a Crockpot these are essential)

2 Yukon gold potatoes

2 yellow or white onions

2 lbs short ribs ([flanken ribs on the bone](#))

$\frac{3}{4}$  cup pearl barley

1 cup **dried** light red kidney beans

chicken bouillon cube (I use [Telma](#))

2 tbs honey

2 tbs paprika

black pepper

1 [kishka](#)