

Beef Barley Skillet

Ingredients

½ pound lean ground beef
½ cup chopped onion
¼ cup chopped celery
¼ cup chopped green pepper
½ teaspoon salt
⅛ teaspoon pepper
½ teaspoon marjoram
1 teaspoon sugar
1 teaspoon Worcestershire Sauce
2 ounces tomato paste
1½ cups water
¾ cup quick cooking or pearl barley

Makes 5 servings

Instructions

1. In a large skillet sauté the beef, onion, celery, and green pepper.
2. Cook until meat is no longer pink. Drain off excess fat.
3. Stir in remaining ingredient mixing well. Bring to a boil.
4. Reduce heat to simmer, cover and cook 35 minutes for quick cooking barley or 1 hour for pearl barley.

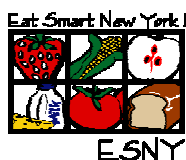
Nutrition Facts

Serving Size 1	
Servings Per Container 5	
Amount Per Serving	
Calories 210	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 290mg	12%
Total Carbohydrate 28g	9%
Dietary Fiber 6g	24%
Sugars 3g	
Protein 13g	
Vitamin A 4%	• Vitamin C 15%
Calcium 2%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

21% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

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