



## Spanish Barley

### Ingredients

1 pound lean ground beef  
 ½ cup chopped onion  
 ½ cup chopped celery  
 ¾ cup pearl barley  
 1 (6-ounce) can tomato paste  
 1 teaspoon salt  
 ⅛ teaspoon pepper  
 3 cups hot water  
 Makes 6 servings

### Instructions

1. Brown ground beef in large pan; drain off excess fat. Add remaining ingredients.
2. Simmer, covered, over low heat about 1½ hour, stirring occasionally.

### Note:

- To make Spanish Rice – substitute ¾ cup long grain rice for barley. Reduce water to 2 cups. Simmer, covered, over low heat 20 to 25 minutes or until rice is tender.

### Nutrition Facts

Serving Size 1 cup	
Servings Per Container 6	
<b>Amount Per Serving</b>	
<b>Calories 250</b>	<b>Calories from Fat 70</b>
<b>% Daily Value*</b>	
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 580mg</b>	<b>24%</b>
<b>Total Carbohydrate 26g</b>	<b>9%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 4g	
<b>Protein 19g</b>	
Vitamin A 10%	• Vitamin C 10%
Calcium 4%	• Iron 20%
*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	

29% calories from fat

**Source:** Cornell Cooperative Extension of Schoharie County.

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