

# Skillet Beef and Barley

Audrey Barnard

Unitarian Universalist Fellowship of Vero Beach, FL 2000

## Servings: 4

*1/2 pound flank steak or  
other lean beef, trimmed of  
all visible fat  
1 cup barley  
4 cups water  
1 bay leaf  
1 tablespoon oil  
1 onion, chopped  
2 cloves garlic, minced  
2 carrots, thinly sliced  
mushrooms, sliced  
1 1/2 cups beef stock  
1 1/2 teaspoons dried  
thyme*

Cut the beef lengthwise into two-inch strips.  
Then slice paper-thin across the grain.

In a two-quart saucepan, place the water, barley  
and bay leaf. Bring to a boil. Lower the heat and  
simmer for 20 minutes.

While the barley is cooking, stir-fry the beef in  
the oil in a large non-stick skillet over medium-  
high heat until cooked through, about 3 minutes.  
Remove from the pan and keep warm.

Add the onion and garlic to the pan. Cook until  
limp. Add the carrots and mushrooms. Cook for  
another minute. Drain the barley. Discard the  
water.

Add the barley, bay leaf, stock and thyme to the  
skillet. Cover. Simmer for 15 to 20 minutes or  
until the barley is just tender. Add the beef and  
warm through.

---

Per Serving (excluding unknown  
items): 231 Calories; 5g Fat (18.1%  
calories from fat); 7g Protein; 41g  
Carbohydrate; 9g Dietary Fiber;  
0mg Cholesterol; 823mg Sodium.  
Exchanges: 2 1/2 Grain(Starch); 1  
Vegetable; 1/2 Fat.