



Weekly Recipe Challenge



Quick Beef & Barley Soup (courtesy of EatingWell)

Quick-cooking barley and sirloin help get this beef-and-barley soup on the table in a snap—and it doubles easily. If leftovers get too thick in the fridge, add a little broth when you reheat it. Serve with crusty bread.

4 servings (2 Carbohydrate Serving), about 1 1/2 cups each | Active Time: 40 minutes | Total Time: 40 minutes



Ingredients

- 8 ounces sirloin steak, trimmed and cut into bite-size pieces
- 1/2 teaspoon freshly ground pepper, divided
- 4 teaspoons extra-virgin olive oil, divided
- 1 medium onion, chopped
- 1 large stalk celery, sliced
- 1 large carrot, sliced
- 2 tablespoons tomato paste
- 1 tablespoon chopped fresh thyme
- 3/4 cup quick-cooking barley
- 4 cups reduced-sodium beef broth
- 1 cup water
- 1/4 teaspoon salt
- 1-2 teaspoons red-wine vinegar

Make Ahead Tip: Cover and refrigerate for up to 3 days or freeze for up to 3 months.



Instructions

1. Sprinkle steak with 1/4 teaspoon pepper.
2. Heat 2 teaspoons oil in a Dutch oven over medium heat. Add the steak and cook, stirring often, until browned on all sides, about 2 minutes. Transfer to a bowl.
3. Add the remaining 2 teaspoons oil, onion and celery to the pot and cook, stirring, until beginning to soften, about 2 minutes.
4. Add carrot and cook, stirring, for 2 minutes more.
5. Add tomato paste and thyme and cook, stirring, until the vegetables are coated with the tomato paste and are beginning to brown, 1 to 2 minutes.
6. Add barley, broth, water, salt and the remaining 1/4 teaspoon pepper; bring to a simmer.
7. Reduce heat to maintain a simmer; cook until the barley is tender, about 15 minutes.
8. Return the beef and any accumulated juice to the pot and heat through, 1 to 2 minutes. Remove from the heat; stir in vinegar to taste.



Nutritional Information (per serving) Exchanges: 1 1/2 starch, 1 vegetable, 1 lean meat

- **Calories** 250
- **Carbohydrates** 29g (Fiber 5g)
- **Cholesterol** 26mg
- **Fat** 8g (Saturated Fat, 2g; 5g Monounsaturated)
- **Sodium** 701mg
- **Potassium** 573mg
- **Protein** 17g

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