

FRESH FUNDS *for* MOMS

IN PARTNERSHIP WITH INSTACART HEALTH

BEEF AND BARLEY SKILLET

MAKES 4 SERVINGS

INGREDIENTS

- 1 lb top sirloin steak
- 1 tablespoon olive oil
- 1/2 bag (6 ounces) frozen peas and carrots
- 1 cup reduced-sodium beef broth
- 1 can (8 ounces) tomato sauce
- 1/2 cup water
- 2 teaspoons fresh thyme, minced
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 2 teaspoons Worcestershire sauce
- 1/2 teaspoon black pepper
- 1/2 cup uncooked pearl barley

DIRECTIONS

1. Heat a tall sided skillet over medium high heat
2. Sear the steak for about 2 minutes on each side, then set aside to rest
3. Wipe away any remaining grease or juices from the pan, then heat the olive oil over medium heat
4. Sauté the peas and carrots for 2-3 minutes
5. Add the broth, tomato sauce, water, thyme, onion powder, garlic powder, Worcestershire sauce, black pepper, and barley to the pan
6. Stir well to combine
7. Bring to a boil then cover and simmer over low heat for about 20 minutes or until most of the liquid is absorbed
8. Slice the steak thinly against the grain and return to the pan
9. Stir well then continue cooking until steak has reach desired doneness and barley is tender

NUTRITION BREAKDOWN

CALORIES

300

CARBS

33 GRAMS

PROTEIN

31 GRAMS

FAT

6 GRAMS

FIBER

6 GRAMS

You can subtract the dietary fiber from the carb count!
33g - 6g = 27g of carbohydrates.

Find shopping lists at: <https://foodashealthalliance.ca.uky.edu/freshfunds>