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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 - 29% calories from fat

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	
Amount Per Serving	
Calories 250	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 580mg	24%
Total Carbohydrate 26g	9%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 19g	
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	



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