



### **Stretch family favorites with barley**

SPOKANE, Wash. (September 2009) -- September is Whole Grains Month, a great time to rediscover the goodness that grains bring to the family dinner table.

According to the [National Barley Foods Council](#), adding more wholesome grains to the daily diet may be easier than you think. One way to boost grains consumption – even among finicky eaters – is to incorporate them into family favorites. Barley is an excellent choice because it's economical, yields a mild nutty flavor and delivers plenty of [fiber](#), vitamins and minerals. It's a natural for stretching entrees, salads and sides – a bonus when food budgets are tight.

Beef Barley Burgers are made with lean ground beef, cooked barley and zesty seasonings. Brimming with flavor and health-promoting nutrients, they're sure to become a hit with moms, dads and kids alike.

For more ways to stretch family favorites with barley, visit [www.barleyfoods.org](http://www.barleyfoods.org).

continued

## Stretch family favorites with barley - 2

### Beef Barley Burgers

2 tablespoons olive oil, divided  
2 cloves garlic, finely chopped  
1/2 cup whole or pearl barley  
1 cup plus 2 tablespoons water  
3/4 pound lean ground beef  
1 tablespoon prepared steak sauce  
1 teaspoon Worcestershire sauce  
1 teaspoon salt  
1/2 teaspoon ground black pepper  
1 egg, beaten  
6 whole wheat hamburger buns, toasted  
6 lettuce leaves  
6 slices tomato

In 1 quart saucepan, heat 1 tablespoon oil over medium-high heat. Add garlic and cook for 1 minute. Add barley; stir and brown for 2 minutes. Add water; bring to a boil. Reduce heat to a simmer, cover and cook for 35 minutes. Cool. Combine cold barley, ground beef, steak sauce, Worcestershire sauce, salt and pepper; mix well. Add egg and mix until blended. Form into 6 patties. In large skillet heat remaining 1 tablespoon olive oil over medium-high heat. Add patties and cook for 4 minutes per side or until done. Assemble each burger with a lettuce leaf and tomato slice and serve with a choice of condiments. Makes 6 servings.

Nutrients per serving: calories 333, protein 19g, carbohydrates 38g, fiber 6g, fat 13g, cholesterol 56mg, sodium 708mg.

###

