



Beef and Barley Burgers

2 tablespoons olive oil, divided
2 cloves garlic, finely chopped
1/2 cup 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
1 avocado, seeded and scooped out
2 tablespoons fresh lemon juice
1 teaspoon coarse garlic salt
1/4 teaspoon Asian chili sauce
6 whole wheat hamburger buns, toasted
6 lettuce leaves
6 slices tomatoes

In 1-quart saucepan heat 1 tablespoon olive oil over medium-high heat. Add garlic and cook for 1 minute. Stir in barley; brown for 2 minutes, stirring. Add water and bring to boil. Reduce heat to simmer, cover and cook 35 minutes. Cool. In large mixing bowl combine cold barley, ground beef, steak sauce, Worcestershire sauce, salt and pepper. Mix to combine. Add egg and mix until mixture is 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. In the meantime, combine avocado, garlic salt and chili sauce in bowl. Coarsely mash and set aside. To assemble hamburgers, spread base of each bun with avocado mixture. Top with lettuce leaf, tomato slice, burger and another spoonful of avocado mixture. Place on top of bun and serve.

Makes 6 burgers.

Per burger: calories 380, protein 19g, carbohydrates 40g, fiber 8g, fat 17g, cholesterol 56mg, sodium 861mg.

For more recipe ideas, visit www.barleyfoods.org.

