



German Beef and Barley Bake

1 pound extra lean ground beef
1/2 cup chopped onion
1 large clove garlic, finely chopped
1 cup pearl barley
4 slices bacon, diced
3 cups tomato juice
1/2 teaspoon salt
1/8 teaspoon ground black pepper
3 to 4 cups sliced green cabbage
2 teaspoons caraway seeds
1 cup shredded Cheddar cheese

In large saucepan over medium heat, sauté ground beef, onions and garlic until beef is browned. Pour off drippings. Add barley and bacon; sauté 2 to 3 minutes. Stir in tomato juice, salt and pepper. Bring to boil. Reduce heat, cover and simmer 30 minutes. Stir in cabbage and caraway seeds. Spoon mixture into 2-quart casserole. Bake in 350° F oven 30 minutes. Sprinkle with cheese and bake 5 minutes longer or until cheese melts. Makes 6 servings.

Per serving: calories 423, protein 32g, fat 18g, carbohydrates 38g, cholesterol 91mg, fiber 4g, sodium 774mg.

NOTE: To save on last-minute kitchen prep, this casserole may be made ahead of time and refrigerated. To reheat, bake at 350° 20 to 30 minutes or microwave (in a microwave-safe casserole) on Medium High until heated through.

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