

Barley Beef Skillet

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Ingredients

1 pound 95% lean ground beef
1/4 cup chopped onion
1 garlic clove, minced
1 can (14.5 oz) Beef Broth
1 can (8 oz) tomato sauce
1 cup water
2 small carrots, chopped
1 small tomato, seeded and chopped
1 small zucchini, chopped
1 cup medium pearl barley
2 teaspoons Italian seasoning
1/4 teaspoon salt
1/8 teaspoon pepper

Directions

Finely chop carrots and zucchini. Chop the tomatoes and onions.

Bring a large skillet to medium heat and cook ground beef and onion together, breaking up meat until it is browned. Drain if necessary. Add minced garlic and cook for an additional minute. Add the broth, tomato sauce and water and bring to a boil. Once boiling, stir in the vegetables, barley and seasonings.

Reduce heat and simmer, covered, for 45-50 minutes until barley is tender.