

and cook, covered, 8 minutes, stirring occasionally.

3. Add tofu and green onions and cook, uncovered, 2 minutes, stirring occasionally. Stir soy-sauce mixture to blend and add to skillet; heat to boiling. Boil 1 minute, stirring.

■ Each serving: About 225 calories, 16 g protein, 23 g carbohydrate, 9 g total fat (1 g saturated), 5 g fiber, 0 mg cholesterol, 775 mg sodium.

Beef & Barley with Mushrooms

pictured below

A hearty dinner of sautéed beef tossed with a rich barley-and-

mushroom pilaf. Because top round steak is a very lean cut, it must be thinly sliced across the grain—otherwise it may be tough.

PREP 25 minutes

COOK about 50 minutes

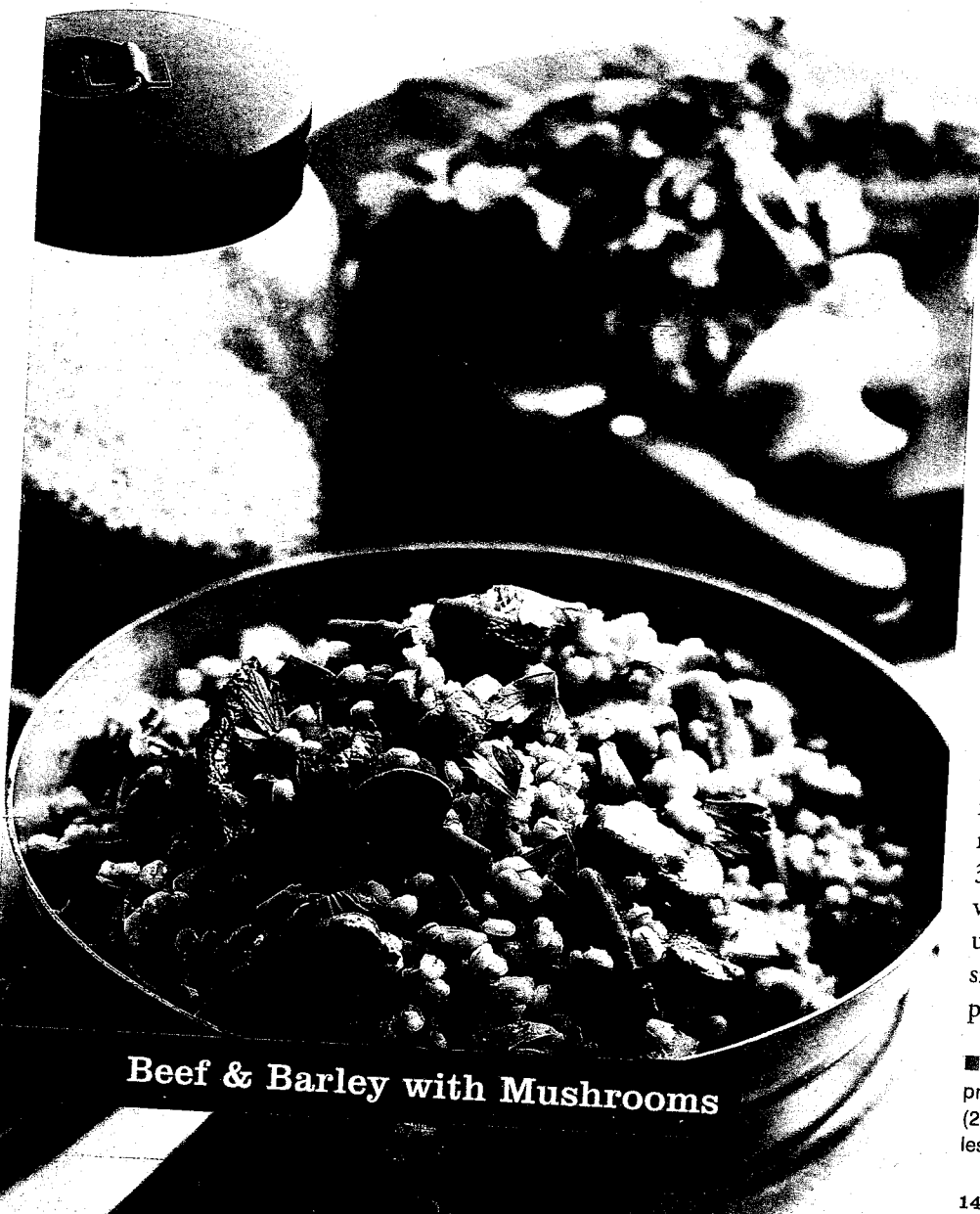
MAKES 6 main-dish servings

- 1 package (about ½ ounce) dried porcini mushrooms (about ½ cup)
- 1 beef top round steak, ¾ inch thick (about 12 ounces)
- 1 teaspoon olive oil
- 1 tablespoon soy sauce
- 1 package (8 ounces) sliced white mushrooms
- 2 medium carrots, each cut lengthwise in half, then crosswise into ¼-inch-thick slices

- 1 medium onion, finely chopped
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon dried thyme
- 1½ cups pearl barley (about 10 ounces)
- 1 can (14½ ounces) chicken broth (1¼ cups)
- ½ cup loosely packed fresh parsley leaves

1. Into medium bowl, pour 3 cups boiling water over porcini; let stand 10 minutes.
2. Meanwhile, cut steak lengthwise in half. With knife held in a slanted position, almost parallel to cutting surface, slice each half of steak crosswise into ⅛-inch-thick slices.
3. In deep nonstick 12-inch skillet, heat oil over medium-high heat until very hot. Add half of steak slices and cook 2 minutes or until steak just loses its pink color, stirring constantly. Transfer steak to medium bowl; repeat with remaining steak. Toss steak with soy sauce; set aside.
4. To same skillet, add white mushrooms, carrots, onion, salt, pepper, and thyme and cook 10 minutes over medium-high heat or until vegetables are tender-crisp, stirring occasionally.
5. While vegetables are cooking with slotted spoon, remove porcini from soaking liquid, reserving liquid. Rinse porcini to remove any sand; coarsely chop. Strain soaking liquid through sieve lined with paper towel into medium bowl.
6. Add barley, broth, porcini, and soaking liquid to vegetables in skillet; heat mixture to boiling over medium-high heat. Reduce heat to medium-low; cover and simmer 35 to 40 minutes or until barley and vegetables are tender and most of liquid has evaporated, stirring occasionally. Stir in steak mixture and parsley; heat through.

■ Each serving: About 320 calories, 20 g protein, 47 g carbohydrate, 7 g total fat (2 g saturated), 10 g fiber, 34 mg cholesterol, 695 mg sodium.



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