



WHATSheATE



Mexican Sliced Steak and Barley Soup

 Dairy Free

READY IN



205 min.

SERVINGS



6

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups beef stock
- ☐ 1 small bell pepper finely chopped
- ☐ 6 servings pepper black freshly ground
- ☐ 32 ounce canned tomatoes canned
- ☐ 2 ribs celery finely chopped
- ☐ 1 chile fresh such as fresno or jalapeno, seeded and finely chopped
- ☐ 2 chile peppers such as fresno or jalepeno, seeded and chopped
- ☐ 6 servings kosher salt and coarse pepper black

- ☐ 1 teaspoon marjoram dried
- ☐ 2 tablespoons evoo for drizzling
- ☐ 0.3 cup parsley leaves fresh finely chopped
- ☐ 1 handful parsley leaves fresh chopped
- ☐ 2 large cloves garlic finely chopped
- ☐ 4 cloves garlic chopped
- ☐ 1 juice of lime juiced
- ☐ 6 servings lime wedges
- ☐ 1 cup pearled barley
- ☐ 0.3 onion red minced grated
- ☐ 1 onion red chopped
- ☐ 6 servings salt
- ☐ 1 pound skirt steak
- ☐ 0.3 cup worcestershire sauce

Equipment

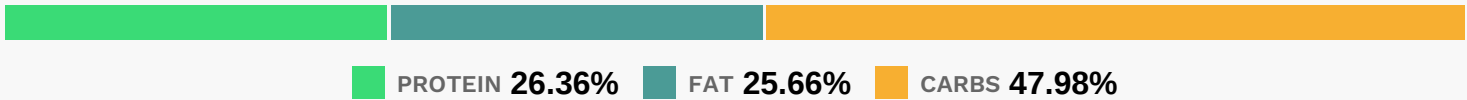
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the cilantro, Worcestershire, garlic, chiles, lime juice, marjoram and onions in a bag.
- ☐ Sprinkle the steak with salt and pepper and add to the bag. Release air and seal the bag, then refrigerate. Marinate up to 2 hours.
- ☐ To prepare, bring the steak to room temp, heat a grill pan to medium-high, shake off excess marinade and cook the steak for a few minutes on each side. Thinly slice and set aside.

- ☐ For the soup: Bring a pot of water to a boil, salt the water and cook the barley to tender, but al dente, about 20 minutes.
- ☐ Drain and drizzle with a touch of oil. Store in a plastic container until the night you serve the soup.
- ☐ In a soup pot, heat the 2 tablespoons EVOO, 2 turns of the pan, over medium-high heat.
- ☐ Add the garlic, celery, chile peppers, onions and bell peppers, and season with salt and pepper. Cook to soften the veggies, 8 to 10 minutes.
- ☐ Add the stock, tomatoes and cilantro, and simmer to combine the flavors, about 20 minutes. Cool, cover and store for a make-ahead meal.
- ☐ To serve, heat the soup to a low boil.
- ☐ Add the barley and heat through.
- ☐ Serve the soup in shallow bowls and add the sliced skirt steak. Pass the lime wedges, Worcestershire and hot sauce for topping.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:4.85, Inflammation Score:-9, Nutrition Score:32.950434767682%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 7.21mg, Apigenin: 7.21mg, Apigenin: 7.21mg, Apigenin: 7.21mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg

Nutrients (% of daily need)

Calories: 383.42kcal (19.17%), Fat: 11.45g (17.62%), Saturated Fat: 2.97g (18.58%), Carbohydrates: 48.19g (16.06%), Net Carbohydrates: 38.7g (14.07%), Sugar: 12.03g (13.37%), Cholesterol: 47.63mg (15.88%), Sodium: 1135.43mg (49.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.48g (52.95%), Vitamin C: 72.41mg (87.77%), Vitamin K: 73.01µg (69.53%), Vitamin B3: 9.7mg (48.48%), Vitamin B6: 0.96mg (47.99%), Manganese: 0.95mg (47.5%), Selenium: 32.82µg (46.89%), Zinc: 6.5mg (43.36%), Potassium: 1356.49mg (38.76%), Fiber: 9.49g (37.97%), Vitamin B2: 0.57mg (33.61%), Iron: 5.89mg (32.7%), Phosphorus: 325.61mg (32.56%), Copper: 0.65mg (32.3%),

Vitamin B12: 1.61µg (26.84%), Vitamin A: 1280.4IU (25.61%), Magnesium: 99.41mg (24.85%), Vitamin B1: 0.33mg (22.02%), Vitamin E: 3.1mg (20.66%), Folate: 59.26µg (14.81%), Calcium: 117.92mg (11.79%), Vitamin B5: 1.14mg (11.36%)