

Beef, Mango & Barley Salad

This is no ordinary salad. Tri-Tip Roast, quick-cooking barley and mango team up for a salad that's full of fresh flavor.

INGREDIENTS

- 1 beef Tri-Tip Roast (1-1/2 to 2 pounds)
- 2 medium red bell peppers, cut into 1-1/2 inch pieces
- 1-1/2 teaspoons sweet paprika (divided)
- 1 cup uncooked quick-cooking barley
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/3 cup lime juice
- 1 teaspoon olive oil
- 2 medium mangoes, cut into 1/2 inch pieces
- 1/3 cup chopped green onions
- 1/4 cup chopped fresh cilantro
- 4 large Boston lettuce leaves (optional)



2.00
Hours



8
Servings



42 Cal



26g
Protein

COOKING

1. Heat oven to 425°F. Place bell peppers on metal baking sheet; spray with nonstick cooking spray. Set aside.
2. Press 1 teaspoon paprika evenly onto all surfaces of beef Tri-Tip Roast. Place roast on rack in shallow roasting pan. Do not add water or cover. Roast in 425°F oven 30 to 40 minutes for medium rare; 40 to 50 minutes for medium doneness. Roast bell peppers in oven with beef about 30 minutes or until tender. Set peppers aside to cool.
3. Remove roast when instant-read thermometer registers 135°F for medium rare; 150°F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 20-25 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.)
4. Meanwhile, cook barley according to package directions. Set aside to cool slightly.
5. Cut beef into 1/2 inch pieces; season with salt and black pepper. Whisk lime juice, oil and 1/2 teaspoon paprika in small bowl until blended. Toss with beef, barley, roasted peppers, mangoes, green onions and cilantro in large bowl. Serve in Boston lettuce leaves, if desired.

Recipe and photo as seen in The Healthy Beef Cookbook, published by Houghton Mifflin Harcourt

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
8		9g	60mg		35g	26g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com