





Braised Beef With Tomato-Garlic White Beans

Enjoy the flavors of Tuscany with beef Chuck Tender Steaks slow-cooked with white beans and spinach. Top this with Parmesan cheese for a delicious meal any night of the week.

INGREDIENTS

- 4 beef Chuck Tender Steaks, cut 3/4 to 1 inch thick (about 6 ounces each)
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2.00	4	42 Cal	34g
Hours	Servings		Protein

[illegible]

[illegible]

[illegible]

[illegible]

1 teaspoon olive oil

[illegible]

[illegible]

[illegible]

1 teaspoon olive oil

1-1/2 cups chopped onions

1-1/2 cups chopped onions

1-1/2 cups chopped onions

1-1/2 cups chopped onions

1 can (14-1/2 ounces) Italian-style diced tomatoes, undrained

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[illegible]

[illegible]

[illegible]

1 tablespoon minced garlic

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1 tablespoon minced garlic

1 tablespoon minced garlic

1/4 teaspoon pepper

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[illegible]

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COOKING

1. Heat oil in large nonstick skillet over medium heat until hot. Place beef steaks in skillet; brown evenly. Pour off drippings. Add onions, tomatoes, salt and pepper to skillet; bring to a boil. Reduce heat; cover tightly and simmer 1-1/2 to 1-3/4 hours or until beef is fork-tender. Remove steaks; keep warm.

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NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	<div>GLUTEN FREE</div>	<div>ALL NATURAL</div>
4		7g	6mg		38g	34g	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